

swanson.com
or call 1-800-437-4148

- Provides eye-specific antioxidants
- Promotes healthy eyesight
- Fights eye fatigue and eye strain

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two veggie capsules two times per day with food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dosage.

OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc.

OptiZinc®

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Vision Essentials

Eye and Vision Health

COMPREHENSIVE FORMULA

DIETARY SUPPLEMENT | 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A.....1,200 mcg RAE.....133%	
(as retinyl palmitate)	
Vitamin A (as beta-carotene) .. 1,500 mcg RAE.....167%	
Vitamin C (as ascorbic acid)..... 750 mg.....833%	
Riboflavin (vitamin B-2)..... 25 mg..... 1,923%	
Zinc [from zinc monomethionine..... 12.5 mg..... 114%	
(OptiZinc®)]	
Selenium (from selenomethionine) .. 100 mcg.....182%	
Copper..... 1 mg..... 111%	
(from copper glycinate and gluconate)	

Citrus Bioflavonoid Complex, 125 mg*; Quercetin (bioflavonoid), 125 mg*; Taurine, 100 mg*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to minimum 25% anthocyanins), 30 mg*; L-Glutathione, 12.5 mg*; Lutein [from marigold flower extract (Tagetes erecta)], 3 mg*; Zeaxanthin [from marigold flower extract (Tagetes erecta)], 150 mcg*

*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule), calcium laurate, beta-carotene beadlets (modified food starch, corn starch, glucose syrup, sodium ascorbate, dl-alpha tocopherol), lutein beadlets (cellulose gum, starch, natural tocopherols, sucrose, ascorbyl palmitate, sodium ascorbate, talc), silica, maltodextrin.

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