

Julian Whitaker, MD's **Vision Essentials®** has been formulated to be taken daily with a high-quality multnutrient program such as **Forward Plus Daily Regimen®** and **Forward Gold Daily Regimen®**.

UNCONDITIONALLY GUARANTEED for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

Precautions: Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.
Lutemax® 2020 is a trademark of OmniActive Health Technologies, Ltd.

Due to the nature of these ingredients, color variation may occur.

†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.



WHITAKER NUTRITION

Vision Essentials®

FOR MACULAR AND
VISION HEALTH†

Includes 20 mg of
Lutemax® 2020 Lutein,
plus 16 powerful
ingredients



Dietary Supplement

120 CAPSULES

Doctor's Suggested Use: Take 4 capsules once daily with a meal.

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving	% DV
Vitamin A (as beta-carotene)	1,500 mcg RAE 167%
Vitamin C (as ascorbic acid)	100 mg 111%
Zinc (as zinc oxide)	25 mg 227%
Copper (as copper chelate)	2 mg 222%
Taurine	600 mg *
Berry Vision Complex	300 mg *
Black Currant Extract (fruit), Maqui Berry Powder (Aristotelia chilensis, fruit), Goji Berry Extract (Lycium barbarum, fruit), Bilberry Extract (fruit)	
Carrot Powder (root)	260 mg *
N-Acetyl L-Cysteine	260 mg *
Schisandra Extract (berry)	160 mg *
Lutein (from marigold flower) (Lutemax® 2020)	20 mg *
L-Glutathione (from fermentation) (Setria®)	20 mg *
Zeaxanthin Isomers (from marigold flower; containing a minimum of 1 mg of meso-zeaxanthin) (Lutemax® 2020)	4 mg *
Lycopene (from tomato fruit)	3 mg *

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, silica

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com



Please see bottom of bottle for Lot No. and Expiration Date

SKU: VES 02 C25000, 2019 R-2

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