

Julian Whitaker, MD's **Vision Essentials®** has been formulated to be taken daily with a high-quality multinutrient 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 HEALTH¹

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 (<i>Aristotelia chilensis</i> , fruit), Goji Berry Extract (<i>Lycium barbarum</i> , 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, 2020 R-1

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