



# Macular Support

HERBAL SUPPLEMENT



## Eye health formula\*

- Supports optimal macular pigment thickness\*
- May help to promote visual function and ocular blood flow\*
- Provides naturally-occurring macular pigments:  
10 mg of lutein and 2 mg of zeaxanthin
- Also includes extracts from bilberry and ginkgo

Macular Support promotes eye health using a unique combination of macular pigments and herbal extracts. Lutein and zeaxanthin are naturally-occurring carotenoid pigments that are highly concentrated within the macula. Optimal macular lutein concentrations may help to protect against oxidative stress associated with regular sunlight exposure. In two recent placebo-controlled clinical trials, daily supplementation with 10 mg of lutein for 48 weeks supported a healthy macular pigment optical density in older participants.<sup>1,2</sup> Ginkgo biloba extracts may provide support for healthy ocular blood flow, and the anthocyanin compounds present in bilberry extracts may help to promote visual acuity.<sup>3,4</sup>

## Supplement Facts

Serving Size 1 Capsule/ Servings per Container 60

Each Capsule Contains		% DV
Vitamin A	787 IU	16%
Bilberry ( <i>Vaccinium myrtillus</i> ) Fruit Extract (4:1) 200 mg Fresh Fruit Equivalent	50 mg	†
Ginkgo ( <i>Ginkgo biloba</i> ) Leaf Std. Extract (24% Flavone Glycosides; 6% Terpene Lactones)	50 mg	†
Lutein (from <i>Tagetes erecta</i> flower)	10 mg	†
Zeaxanthin (from <i>Tagetes erecta</i> flower/ <i>Lyceum chinensis</i> berry)	2 mg	†
Natural Mixed Carotenoids (from <i>Dunaliella salina</i> algae)	500 mcg	†

† Daily Value (DV) not established

Other ingredients: Hypromellose, silica, magnesium stearate

**Recommended Adult Dose:** Take one capsule daily with a meal or as recommended by your healthcare practitioner.

**Product Size:** 60 Vegetable Capsules

**Product Code:** 07364



## REFERENCES

1. Huang YM, Yan SF, Ma L, Zou ZY, Xu XR, Dou HL, Lin XM. Nutrition. 2013; 29: 387–392
2. Huang YM, Dou HL, Huang FF, Xu XR, Zou ZY, Lu XR, Lin XM. British Journal of Ophthalmology. 2015; 99: 371–375
3. Shim SH, Kim JM, Choi CY, Kim CY, Park KH. Journal of Medicinal Food. 2012; 15(9): 818–823
4. Park JW, Kwon HJ, Chung WS, Kim CY, Seong GJ. J Korean Ophthalmol Soc. 2011; 25: 323–328

\*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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