

## ➔ The Moss Nutrition Professional Line ⇐

### COMPREHENSIVE SUPPORT FOR HEALTHY EYES & VISION

#### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30 and 60

	Amount Per Serving	% Daily Value
Vitamin A (as palmitate)	1500 IU	30%
Vitamin C (as zinc ascorbate)	50 mg	83%
Vitamin E (as d-alpha-tocopherol)	200 IU	667%
Vitamin B1 (thiamin)	5 mg	333%
Vitamin B2 (as riboflavin-5'-phosphate)	10 mg	588%
Vitamin B3 (as niacinamide)	5 mg	25%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Zinc (as zinc ascorbate)	14 mg	93%
Selenium (as selenomethionine)	15 mcg	21%
L-Taurine	100 mg	**
N-Acetyl Cysteine	100 mg	**
Alpha Lipoic Acid	25 mg	**
Meriva® Curcumin Phytosome (Curcuma longa root extract & phospholipid complex)	50 mg	**
Bilberry fruit extract (Vaccinium myrtillus L.) (5:1)	50 mg	**
Lutein (from Lutemax® 2020 marigold flower extract)	20 mg	**
Zeaxanthin (from Lutemax® 2020 marigold flower extract)	4 mg	**

**Other ingredients:** Cellulose (capsule), vegetable stearate, microcrystalline cellulose, silicon dioxide.  
**Does not contain gluten.**

**SUGGESTED USE:** 2 CAPSULES PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

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Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

- Natural, comprehensive ocular support.\*
- Eye-healthy vitamins, minerals, amino acids & botanicals.\*
- High potency antioxidants for macular & retinal health.\*
- Featuring Lutemax® 2020 lutein/zeaxanthin complex.\*

OculoSelect™ helps provide support for healthy ocular function with clinically meaningful levels of researched nutrients and eye-specific antioxidants. Delicate eye tissues are rich in tiny blood vessels which are highly susceptible to damage from ultraviolet radiation (sunlight), air pollutants and even internal factors such as oxidized LDL cholesterol. Aging is associated with visual decline, but studies suggest that adequate intake of eye-healthy antioxidants, including lutein and zeaxanthin, may help support healthy visual function throughout life. A 2012 Cochrane database review found that in well-nourished adults, supplementation with antioxidant vitamins and minerals may help to preserve healthy vision.

#### TARGETED VITAMINS & MINERALS

**Vitamin A** is required to support and maintain healthy rods and cones in the retina. OculoSelect™ contains vitamin A as pre-formed retinol, the form studied to help improve rod-mediated dark adaptation in older adults. **Vitamin C** has been shown to protect retinal cells alone and in combination with **vitamin E**,

a fat-soluble antioxidant suggested to help support healthy eye lens and macular tissue. **B Vitamins** have been researched to help protect the retina and support healthy vision via numerous mechanisms, such as helping to maintain healthy homocysteine levels and helping to promote photoreceptor survival after injury. OculoSelect™ contains both methylated and coenzymated forms of B vitamins for enhanced bioavailability. **Zinc** is an essential mineral found in relatively high concentrations in healthy retinal tissue, notably the macula, which is involved with central vision. Zinc supplements have been suggested to help preserve healthy macular structure and function, both alone and in combination with **selenium** and other antioxidant nutrients.

#### EYE-HEALTHY AMINO ACIDS

**Taurine** is the most prevalent amino acid in eye tissue and is considered essential for maintaining the structural integrity of the retina. Taurine interacts with zinc and vitamin A to help maintain healthy retinal pigment epithelium.

**N-Acetyl Cysteine (NAC)** is an antioxidant amino acid that helps inhibit the oxidation of LDL cholesterol, a problem associated

*(continued on reverse side)*

\* 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.

with visual decline. NAC also has been suggested in animal research to help protect lens tissue and to help decrease retinal damage induced by ocular hypertension.

#### OCULAR-SUPPORTIVE ANTIOXIDANT SPECIALTY NUTRIENTS

**Alpha-lipoic acid** is well-known as the “universal antioxidant”, due to being both fat- and water-soluble. Lipoic acid has been suggested to help support eye lens health by activating antioxidant enzymes and inhibiting apoptosis in lens epithelium.

**Meriva® Curcumin Phytosome** is an advanced curcumin extract complexed with phosphatidyl choline for superior absorption. It has been shown to help support microcirculation in retinal tissues and a healthy inflammatory response throughout the body.

**Bilberry** extract is rich in anthocyanin pigments with potent antioxidant capabilities. Bilberry has been studied for its roles in helping to support night vision and helping to improve visual function during retinal inflammation.

LUTEMAX® 2020 is an award-winning, researched source of premium quality lutein and zeaxanthin, yellow plant pigments in the carotenoid family which are critical to ocular health. Derived from sustainably grown marigold flowers, Lutemax® 2020 contains both *lutein* and the two key zeaxanthin isomers *RR-zeaxanthin* and *meso-zeaxanthin*. Collectively known as *macular pigment*, these compounds are the only carotenoids that concentrate in macular tissue. While each predominates in a specific area to provide distinct benefits, the primary role of lutein and zeaxanthin isomers is to absorb and filter high-energy blue light and to minimize oxidative stress within the eye. Meso-zeaxanthin is the most potent antioxidant of the three, followed by RR-zeaxanthin and lutein. Zeaxanthin isomers are absolutely crucial to macular health but absent from many conventional lutein supplements. OculoSelect™ with Lutemax® 2020 provides a 5:1 ratio of bioavailable lutein to quality zeaxanthin isomers.

#### REFERENCES

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