

1. What are the benefits of Eye Support softgel capsules?

Through a powerful combination of Lutemax 2020® and the best natural ingredients, this eye product was specifically formulated to support healthy vision and help maintain the density of the macular pigments. Used as directed, this product will:

- Help support eye performance and eye health when using digital devices.*
- Support healthy eye function against high energy blue light.*
- Help reduce impact of screen glare.*
- Help support light adaption and visual acuity.*
- Support visual function.*
- Support contrast sensitivity.*
- Help reduce eye fatigue and strain.*
- Support general eye health.*
- Support macular health.*
- Promote quality of sleep.*
- Help support mental focus and healthy brain function.*

2. Why is support to the macular health important?

The macula is located in the central area of the retina in the back of the eye. The retina itself is the light sensitive tissue which lines the inside of the eye. The macula is actually the functional center of the retina. It provides the sharp, central vision we need for reading, driving, and seeing fine detail. Macular pigment is comprised of both lutein and zeaxanthin.

3. What is Lutemax 2020 and why is it so important?

Lutemax 2020 is a unique ingredient that delivers the same 5:1 ratio of lutein to zeaxanthin found in nature. The macular pigment in the eye is comprised of both and both are essential for proper visual performance. Lutemax 2020 has also been clinically researched and shown to support eye and brain health, as well as promote healthy sleep and relaxation.*

4. Is lutein available through the average American's diet?

Although there is no recommended daily intake for lutein and zeaxanthin, most recent studies show health benefits in taking 10 mg/day of a lutein supplement and 2 mg/day of a zeaxanthin supplement.

However, the average diet would not provide such an amount. As a matter of fact, in order to get 10 mg of lutein in your daily diet, you would need to eat 2 lbs of corn daily or 40 large eggs daily!†

Taken as directed, Eye Support actually offers a full 18 mg of lutein and 3.6 mg of zeaxanthin a day.

5. What are the benefits of Lutemax 2020?

Lutemax 2020 has been included in the Eye Support formula to support eye health by maintaining the density of macular pigments which can decrease with age. Lutemax 2020:

- Helps support eye health against high energy blue light from digital devices and outdoor light.*
- Helps reduce eye strain and fatigue from digital devices.*
- Supports visual function in bright and dim light condition.*
- Supports fine detailed visual function.*
- Supports the eyes' ability to see distant object more clearly.*
- Supports healthy eyes.*

† SOURCE: <https://naldc.nal.usda.gov/download/28661/PDF>

*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.

6. Why did we include bilberry, blueberry, beta carotene, tomato, Haematococcus and Senna tora extracts?

These plant extracts are included because they contain phytonutrient components which may support eye health.

7. What are some of the important features of Eye Support softgel capsules?

Mannatech's Eye Support has been specifically formulated to be non-GMO, sourced from natural ingredients, contains no artificial flavors, or sweeteners and is infused with glyconutrients for a more complete, effective, yet affordable eye health product.

8. What gives the Eye Support gel capsule its unique dark color?

It comes from natural cocoa.

9. Is Eye Support suitable for children?

Children age 12 and older can take this product if approved by a health care provider. If you have questions for use beyond the directions indicated on the label, you should speak to a qualified healthcare professional.

10. What is blue light?

Sunlight is made up of red, orange, yellow, green, blue, indigo and violet light. When combined, it becomes the white light we see. Each of these has a different energy and wavelength. For example, rays on the red end have longer wavelengths and less energy. On the other end, blue rays have shorter wavelengths and more energy.

Nearly every source of light—whether natural or artificial—emits blue light. Your eyes are exposed to it all day long, even through your digital devices such as smartphones and computer screens. As you know, the use of these devices worldwide is greater than ever.

11. What are photoreceptor cells?

Photoreceptors are special cells in the eye's retina responsible for converting light into signals that are sent to the brain.

12. How is the retina related to the macula?

The retina is the light sensitive tissue which lines the inside of the eye. The macula is actually the functional center of the retina, which processes sharp, clear vision. The macula contains three carotenoid pigments, lutein, zeaxanthin, and meso-zeaxanthin, which are collectively referred to as macular pigment.

13. What is circadian rhythm?

Circadian rhythm is actually the body's natural wake and sleep cycle. It is controlled by the hypothalamus (a portion of the brain) and is actually affected by blue light exposure. During the day, blue light wakes us up. When it's dark at night, your eyes send a signal to the hypothalamus that it's time to feel tired. Your brain, in turn, sends a signal to your body to release melatonin, which makes your body tired.

14. Is this product 100% vegetarian friendly?

A small non-vegetarian food grade component was necessary to help make the soft gel more durable and maintain its integrity.

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