

PRODUCT INFORMATION

Visiochron®

Visiochron® is a chronobiological formulation that provides carotenoids lutein and zeaxanthin, which help protect the retina of the eye against the harmful effects of free radicals and excessive ultraviolet radiation. A sufficient intake of lutein and zeaxanthin supports optimal eye function and may help protect against age-related concerns like macular degeneration.

Basic Facts

Age-related macular degeneration (AMD) is a progressive condition that affects the macula of the eye and is characterized by an increasing loss of central vision. It is the most common cause of loss of visual acuity, which can in some cases progress to blindness. This concern most commonly affects adults age 60 and older, with nearly one in ten people over age 70 affected, and as many as one in five over age 80.

The macula of the human eye contains two pigments, lutein and zeaxanthin, which are of major importance to its proper functioning. Like beta carotene, lutein and zeaxanthin are carotenoids; fat-soluble pigments produced exclusively by plants that are responsible for their intensive red, yellow or green coloring. Carotenoids are found mainly in the leaves of plants, where they participate in the process of light absorption during photosynthesis, and also protect the plant's cells against the injurious effects of light. Their protective effect can be explained in two ways. First, both substances absorb energy-rich radiation in the blue part of the spectrum (UV radiation), helping to prevent photochemical damage. Secondly, they act as antioxidants by trapping and neutralizing free radicals.

In a similar fashion, lutein and zeaxanthin help protect the eyes against UV rays in sunlight. People who spend most of the day in glaring sunlight should be aware of the danger of excessive exposure of the eyes to light and should always make sure that their daily diet contains sufficient amounts of lutein and zeaxanthin.

Based on the scientific studies performed to date, it can be assumed that an insufficient amount of pigments (like lutein and zeaxanthin) is associated with an increased risk of developing macular concerns later in life. Furthermore, a lutein deficiency has also been shown to increase the risk of developing a clouding of the lens of the eye, as happens with cataracts. Therefore, a sufficient

dietary intake of lutein and zeaxanthin via food supplements may protect the eyes significantly. The balanced composition of Visiochron® supports the physiological supply of these nutrients, helping to protect the eyes and support optimal eye function.

Effects

Lutein and zeaxanthin: In nature, lutein and zeaxanthin are always found together. High concentrations of lutein are present in dark leafy vegetables such as cabbage, kale and spinach; however, appreciable amounts are also found in egg yolk. Zeaxanthin is also present in these food sources as well as in corn and other vegetables.

A sufficient dietary intake of lutein and zeaxanthin can help protect the eyes against age-related concerns and promote healthier eyes in general. Once ingested, carotenoids like lutein and zeaxanthin are absorbed by the digestive system and transported by the blood to the retina, where they accumulate in the macula, exerting a protective effect on the eyes.

Visiochron® contains lutein and zeaxanthin in microcrystalline form, allowing for optimal absorption and higher bioavailability than similar products on the market. As a result of this increased bioavailability, less of these ingredients is needed to achieve the same effect.

Bilberry fruit extract: Age-related eye concerns can often be traced back to a deterioration of the capillaries in the eye. Bilberry fruit extract, with its naturally high anthocyanidin content, can help support healthy microcirculation, and along with the other active ingredients helps support optimal circulation to the eye.

EPA, DHA: The most important omega 3 fatty acids are obtained from algae and fat-rich ocean fish. The average amounts of omega 3 fatty acids obtained from food is far below the amount recommended by

scientists. A dramatic imbalance between omega 3 and omega 6 fatty acids is associated with an extremely high risk of disease. Various fatty acids are necessary for healthy development and regeneration of tissues in the brain and eyes. Specifically, the omega 3 fatty acid DHA supports the development and preservation of healthy vision. Moreover, DHA enhances the protective effects of lutein and zeaxanthin.

Resveratrol: This standardized extract derived from red grapes is not only one of the strongest antioxidants that exists, but is also very well known for its supportive



Visiochron®

- ▶ Provides optimal amounts of bioavailable lutein and zeaxanthin throughout the day
- ▶ May help protect against macular degeneration and other age-related eye concerns
- ▶ Supports optimal eye function

At a Glance

Visiochron®

effect on the vascular system, especially thin and delicate capillaries like those found in the eyes.

Vitamin E (as D-alpha tocopheryl acid succinate) also serves to protect against oxidative damage. This fat-soluble substance is found mainly in cell membranes, where it exerts an antioxidant effect.

Vitamin C is a water-soluble vitamin responsible for protecting tissue structures, cell membranes and cellular constituents such as proteins and enzymes against oxidative damage caused by free radicals.

Zinc: This element is an important component of many enzymes and of their co-factors. For example, zinc plays a major role in the metabolism of vitamin A, a substance of crucial importance to healthy vision. In addition, zinc is a component of many enzymes that possess antioxidant effects, thus playing an important role in protecting against free radicals.

Uses

The most important functions of lutein and zeaxanthin, and the reason for taking food supplements containing these substances, include:

- ▶ supporting normal eye function and overall eye health
- ▶ protecting against age-related concerns such as macular degeneration and cataracts
- ▶ protecting against free radicals (antioxidant)

Composition

AM capsule (morning)	
	daily dose
Lutein	5 mg
Zeaxanthin	1 mg
Lycopene	1 mg
Vitamin C	100 mg
Vitamin E (as D-alpha tocopheryl acid succinate)	20 mg
Zinc (Zn)	10 mg
Omega 3 complex (contains EPA 60 mg, DHA 40 mg)	100 mg

in pharmaceutical grade. Other ingredients: tricalcium phosphate, magnesium stearate, SiO₂.

PM capsule (evening)	
	daily dose
Lutein	5 mg
Bilberry fruit extract	150 mg
Zinc (Zn)	10 mg
Copper (Cu)	0.5 mg
Resveratrol	40 mg
Omega 3 complex (contains EPA 60 mg, DHA 40 mg)	100 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂.

Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.





Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

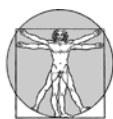
Store in a cool and dry environment, out of reach for children.

Visiochron® Product Groups

Visiochron® can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Eyes**
-  **Chronobiology**
-  **Immune System, Cell Protection & Antioxidants**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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