



AQUASOURCE

AQUASOURCE EYE HEALTH COMPLEX

with Marigold, Astaxanthin & Eyebright

Supports vision health with a synergistic combination
of proven ingredients that are gluten free, GMO free
and certified by the Vegan Society®.

Vision plays a such a vital role in our everyday lives, yet so often it is taken for granted.

As we age, we experience 'normal', age-related eye health challenges, but in the modern world, we also spend increasing amounts of time staring at screens, exposing ourselves to regular eye strain. Environmental factors, such as air pollution, are also contributing to eye irritation.

A recent study* by a British University showed that 40% of respondents believed screen use had negatively affected them physically. Eye strain, dry eyes, and vision impairment were all listed among the symptoms reported.

This is why we have spent considerable time researching and formulating our new, naturally-sourced supplement, to help meet the needs of our eyes as we age and support the growing demands of our digital era.

*www.leeds.ac.uk



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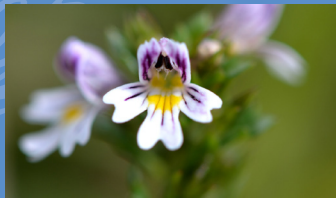
with Marigold, Astaxanthin & Eyebright

Bringing together a blend of naturally-sourced ingredients to support vision health



African Marigold
Flower Extract
(Tagetes Erecta)

Astaxanthin



Eyebright
Herb Extract



Organic Maqui
Berry Powder

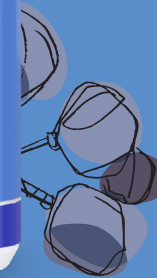
Vitamin C
Vitamin E
Vitamin B2

Blackcurrant
Fruit Extract

Zinc

Betacarotene

Lycopene



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Eleven well-researched, naturally-sourced ingredients:

AFRICAN MARIGOLD EXTRACT (TAGETES ERECTA)

- Marigold flower extract is a proven natural supplement for supporting healthy vision. It contains high levels of the carotenoids lutein and zeaxanthin, two important antioxidants that are essential for eye health.

EYEBRIGHT HERB EXTRACT (EUPHRASIA)

- Eyebright (*Euphrasia officinalis*) is another well-known nutrition supplement. Eyebright contains flavonoids, including luteolin and quercetin, which have antihistamine properties. It has often been used to help relieve general eye irritation.

ASTAREAL® ASTAXANTHIN

- This special algae is harvested from non-GMO *Haematococcus pluvialis* freshwater microalgae, a sustainable vegetarian source. Astaxanthin promotes dynamic focus by helping the hardworking ciliary muscle to perform better and recover faster from eye strain and eye fatigue.

ORGANIC MAQUI BERRY POWDER

- The South American maqui berry have been found to support tear fluid secretion and enhance the actual function of the tear film.

VITAMIN C

- Plays an important role in protecting against UV light damage. While the concentration of Vitamin C in the eyes lessens with age, diet and supplementation can compensate for this. Vitamin C contributes to the protection of cells from oxidative stress.

BLACKCURRANT FRUIT EXTRACT

- The combination of Omega 3 and Omega 6 fatty acids in blackcurrant seed oil both help reduce dry eyes by supporting the body's natural aqueous tear secretion.

VITAMIN E (D-ALPHA)

- Vitamin E can help neutralise the oxidation from normal UV exposure. The D-Alpha form of Vitamin E has proven to be highly absorbable and stable in this application. Vitamin E contributes to the protection of cells from oxidative stress.

ZINC (CITRATE)

- There are high levels of zinc concentrated in your retina, choroid and the macula. Zinc helps protect your eyes from UV radiation and blue light.

VITAMIN B2 (RIBOFLAVIN)

- Plays a role in helping the retina receive light. Vitamin B2 helps the body create glutathione, a specific antioxidant that can help remove free radicals in the eye.

BETACAROTENE

- Derived from *Dunaliella Salina*, often referred to as pink algae. Betacarotene also helps reduce oxidative stress that different light sources put on our eyes.

LYCOPENE

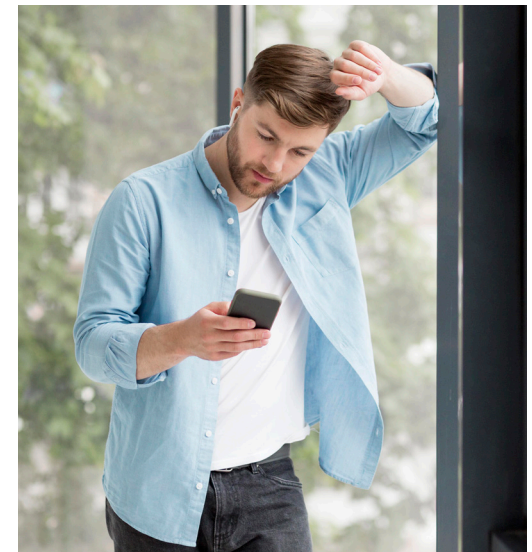
- Lycopene is a plant nutrient that gives fruits like tomatoes and grapefruit their colour. Lycopene is another important antioxidant that can help protect against oxidative stress.

Allergen Data: Contains no allergens as per EU Food Information for Consumers Regulation No. 1169/2011.

Improving eye health begins with small lifestyle changes

Booking regular eye checks, drinking plenty of water, wearing sunglasses and taking screen breaks are just some of the small ways in which we can adapt our lifestyle to support eye health.

A healthy and balanced diet is also important, but our busy lives and the availability of processed, unhealthy foods can mean that the diet is not sufficient. This is when supplementation may be used for extra support.



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Key advantages:

- **Unique Formula** - Contains African Marigold Flower Extract (*Tagetes Erecta*), Eyebright Herb Extract and Astaxanthin. All three are well-known to support eye health.
- **UV Radiation, Blue Light & Digital Screens** - Supports the body's own ability to protect against these modern challenges.
- **Gluten free, GMO free and certified by The Vegan Society®** - Excellent for vegans as well as those with a gluten sensitivity.
- **Vision-Supporting Antioxidants** - Also contains a variety of natural-source antioxidants that support the eye.

Approved EFSA Health Claims

- Vitamin B2 for the maintenance of normal vision.
- Zinc for the maintenance of normal vision.
- Vitamin C and E contribute to the protection of cells from oxidative stress.

Allergen data

Contains no allergens as per EU Food Information for Consumers Regulation No. 1169/2011.

Certifications and endorsements



GMO Free



Gluten Free



Recyclable
and reusable
packaging

AquaSource Eye Care Package

**For additional benefits, combine
AquaSource Eye Health Complex with
AquaSource Liquid Gold Complex**

AquaSource Liquid Gold Complex delivers a range of important Omega 3, 6, 7 and 9 fatty acids to support a healthy heart, joints, eyes, hormonal balance and more. DHA-rich oil from a microalgae source is added to provide even more Omega 3 benefits. Omega 3 is particularly important for supporting eye health.

The AquaSource Eye Care Package combines AquaSource Eye Health Complex and AquaSource Liquid Gold Complex.



AQUASOURCE EYE HEALTH COMPLEX

Product FAQs - your questions answered

1. Is it recommended to take AquaSource Eye Health Complex continuously or is it necessary to take a break from this supplement?

It is not necessary to take a break. You use your eyes every day and the formula is designed to provide the daily balance of nutrients required.

2. Are there artificial vitamins and ingredients in AquaSource Eye Health Complex?

There are no artificial ingredients used in AquaSource Eye Health Complex. For example, the Vitamin C used in the product is sourced from acerola. To find out more information on the sources of the eleven ingredients used, please visit our website or refer to our Product Catalogue.

3. At what time of day should you take AquaSource Eye Health Complex?

It can be taken at any time of the day. As with most supplements, it is recommended to take it accompanied by a main meal to help protect the stomach.

4. Does AquaSource Eye Health Complex have any approved health claims?

The approved EFSA Health Claims are:

- Vitamin B2 for the maintenance of normal vision.
- Zinc for the maintenance of normal vision.
- Vitamin C and E contribute to the protection of cells from oxidative stress.

5. Who can take AquaSource Eye Health Complex?

This product is designed for adults and those aged 12 years and over. This is the age range most likely to benefit from supporting their eye health.

It is not recommended for those who are pregnant and breastfeeding due to the lutein content. The product is not designed for or recommended for children. It is however your decision if you wish to give this product to your child.

6. I am short-sighted and wear glasses, will AquaSource Eye Health Complex improve my vision?

This product does not improve eyesight, it has been designed to support the health of your eyes.

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Product FAQs - your questions answered

7. It is possible to take an overdose of this product?

This product can be taken every day, as per the instructions on the label. Legally we must advise you not to take more than the stated dose unless advised directly by a healthcare professional. The product does not contain anything that will conflict with any other AquaSource products.

8. Does AquaSource Eye Health Complex contain ingredients for moisturising/supporting dry eyes?

Yes, the product contains blackcurrant extract to support moisturisation. In addition, the essential fatty acids in AquaSource Liquid Gold Complex support this benefit.

9. Are any other products recommended for use in conjunction with AquaSource Eye Health Complex to provide extra eye health benefits?

AquaSource Liquid Gold Complex is recommended to take in conjunction with AquaSource Eye Health Complex.

AquaSource Liquid Gold Complex delivers a range of important Omega 3, 6, 7 and 9 fatty acids to support a healthy heart, joints, eyes, hormonal balance and more. DHA-rich oil from a microalgae source is added to provide even more Omega 3 benefits. Omega 3 is particularly important for supporting eye health. It also contains Vitamin D3, which contributes towards eye health.

These two products are available to purchase as an AquaSource Eye Care Package.

10. For eye health, should we also follow certain lifestyle tips, such as eye exercises?

Supplements are always intended to complement a healthy lifestyle. A healthy diet, drinking plenty of water, wearing sunglasses, taking regular screen breaks and other sensible measures remain an important part of good eye care.