



EYE SUPPORT (SKU 16701) PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: Nearly every source of light - natural or artificial - emits blue light, a short, more energetic wavelength that contains more energy than the other colors found in light. Ordinarily, it's not something to worry about; a healthy macula in each eye acts like internal sunglasses to support your vision against the risks of blue light. However, we are using our digital devices more, longer and holding them closer to our eyes than ever - increasing our exposure to blue light. As our exposure to blue light increases, so does the need for support for our eyes.

BENEFITS:

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

FEATURES:

- Non GMO
- Naturally-sourced ingredients
- No artificial flavors, colors or sweeteners
- Product claims supported by human scientific studies

SUPPORTING INFORMATION:

Blue light exposure at night reduces melatonin secretion, leading to more alertness and disrupting the body's circadian rhythm (our natural wake and sleep cycle). Our circadian rhythm influences how alert or sleepy we feel, affects hormones we release, and affects our eating habits, digestion, and more.

Mannatech Essentials™ Eye Support is specifically formulated with the clinically studied ingredient Lutemax® 2020 which provides two pigments, Lutein and Zeaxanthin, that fortify and support the macula's ability to protect against blue light as well as promote healthy sleep and relaxation.

- Of the typical U.S. household, 90%, contain at least one of these devices (laptop, TV, desktop, smart phone or tablet).¹
- Nearly one-in-five American households (18%) are "hyper-connected" containing **10 or more** of these devices.¹
- 71% of people sleep either holding their cell phone, having it in bed with them, or having it on their nightstand.²

WHAT MAKES THIS PRODUCT SPECIAL?

POINT OF CONVENIENCE:

Eye support softgels are conveniently packaged in blister packs so that you can have them with you wherever you go.

WHO IS IT FOR?

- Individuals who wish to take a daily supplement targeted towards general eye health.
- Eye Support is ideal for anyone, ages 12 and up, who frequently use devices such as computers, smart phones, TVs and tablets exposing them to blue light and screen glare.

WHAT MAKES IT UNIQUE?

Lutemax 2020 has been included in the Eye Support formula to support eye health by helping maintain 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 visual acuity.*
- Supports healthy eyes.*

TOP FAQ:

1. 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.

2. 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!³

Taken as directed, Eye Support actually offers a full 20 mg of lutein and 4 mg of zeaxanthin a day.

3. What is Lutemax?

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 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.

5. 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.

6. 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.

7. 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.

8. 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.

DIRECTIONS: Take one capsule daily with 8 fl oz of water.

¹SOURCE: Pew Research, May 25, 2017

²SOURCE: Sleep.org, "Is Your Smartphone Ruining Your Sleep?"

³SOURCE: <https://naldc.nal.usda.gov/download/28661/PDF>

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	5	
Vitamin A (as beta-carotene)	62.5 mcg RAE	7%
Grapeseed oil	345 mg	†
Lutein*** (from marigold flower extract)	20 mg	†
Zeaxanthin*** (from marigold flower extract)	4 mg	†
Proprietary Blend	55 mg	†
Gum Tragacanth		
Beeswax		
Arabinogalactan** (from <i>Larix</i> spp. wood)		
<i>Haematococcus pluvialis</i> algae extract		
standardized to 5% astaxanthin		
Bilberry extract (fruit) standardized to 25%		
anthocyanidins		
Blueberry concentrate (fruit)		
Senna tora extract (fruit)		
Tomato extract (fruit)		
Aloe vera extract (leaf and inner gel powder)§		

† Daily value not established

Other ingredients: Fish gelatin, glycerin, cacao color, lemon flavor.

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