

## PRODUCT INFORMATION

# Visiochron®

*The carotenoids lutein and zeaxanthine protect the retina of the eye against harmful effects and excessive ultraviolet radiation. A sufficient intake of lutein and zeaxanthine can lessen the risk of developing the most common form of blindness occurring in older people.*

### Basic Facts

Age-related macular degeneration (AMD) is a progressive chronic eye disease characterized by increasing loss of central vision. It affects the macula, the area on the retina responsible for the sharpest vision, and results in a loss of vision in the centre of the visual field. AMD is the most common cause of a pronounced loss of visual acuity progressing in some cases to blindness. This disease affects mainly people 60 years of age and older. At age 70 and above, the disease strikes one out of every ten people. At age 80 and above, the figure is one out of every five.

The macula of the human eye contains two pigments, lutein and zeaxanthine, which are of major importance for the function of the macula. Lutein and zeaxanthine are extremely effective representatives of the carotenoid family. The most well known member of this family is beta carotene. Carotenoids are pigments that are distributed widely throughout nature. They are responsible for giving plants an intensive red to yellow colour and vegetables a green colour. These fat-soluble substances are produced exclusively by plants. They are found mainly in the leaves, where they participate in the process of light absorption during photosynthesis and protect the cells against the injurious effects of light. Their protective effect can be explained in two ways. Firstly, both substances absorb energy-rich radiation in the blue part of the spectrum (UV radiation) and thus prevent photochemical damage. Secondly, they act as antioxidants by trapping free radicals.

Lutein and zeaxanthine effectively protect the eyes against the injurious 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. People in this group should always make sure that their daily diet contains sufficient amounts of lutein and zeaxanthine.

According to the results of the scientific studies performed to date, it can be assumed that a low concentration of macular pigments (lutein and zeaxanthine) is associated with an increased risk of developing macular degeneration in later life. Furthermore, a lutein deficiency also increases the risk of developing a clouding of the lens of the eye, i.e. a cataract. A sufficient intake of lutein and zeaxanthine in the diet and via food supplements (4–6 mg of these substances are recommended) can significantly lower the risk of cataracts (i.e. by up to 20 percent) or macular degeneration (i.e. by up to 40 percent).

The balanced composition of Visiochron® supports the physiological supply of these nutrients to the macula and can counteract macular degeneration. Many serious late complications of this disease may thus be lessened or halted. Furthermore, the special formulation for Visiochron®, which is based on chronobiological principles, prevents an overdosage of the active ingredient while guaranteeing a maximum effective level in the blood.

### Effects

**Lutein and zeaxanthine:** lutein always occurs in nature together with zeaxanthine. High concentrations of lutein are found in dark leafy vegetables such as cabbage, kale and spinach; however, appreciable amounts are also found in egg yolk. In addition to being found in dark leafy vegetables and eye yolk, zeaxanthine is present in corn and other vegetables. A sufficient dietary intake of lutein and zeaxanthine can help to lower the risk of developing macular degeneration in later life and in general promote healthier eyes. The carotenoids are absorbed as part of the digestive process and then transported by the blood to the retina; at this location they accumulate in the macula. In the eye lutein and zeaxanthine exert a protective effect on the tissue. As described above, both substances

trap free radicals and thus reduce oxidative stress (antioxidative effect). Apart from this, they absorb energy-rich UV radiation, thus preventing photochemical damage to the retinal tissue.

Visiochron® contains lutein and zeaxanthine in microcrystalline form. This special pharmaceutical form allows for optimal uptake of this substance by the body. As a result, it has a markedly higher bioavailability than similar products sold commercially. As a result of this higher bioavailability, a smaller amount of the substance must be administered in order to achieve the same effect. This in turn means fewer potential side effects.



**Visiochron®**

- ▶ releases extremely bioavailable lutein and zeaxanthine in amounts optimally distributed throughout the day
- ▶ prevents the development of macular degeneration in later life
- ▶ protects against cataract
- ▶ supports the normal function of the eye and traps free radicals

At a Glance

Visiochron®

**Bilberry extract:** the age-related eye diseases can often be traced back to a collapse of the capillary system in the eye. The extracts of blueberries with their natural high content in anthocyanidins (secondary plant substances having multiple effects) can help to improve this microcirculation. Together with the other components they help to guarantee an optimal blood supply in the eye and in this way improve the retinal function and, independently therefrom, they make it easier to see in the dark.

**EPA, DHA:** the most important omega 3 fatty acids are obtained from algae and fat-rich sea fish. The average amount of these acids taken up in 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 contracting disease.

**Resveratrol:** the standardized extract from red grapes is not only one of the strongest antioxidants that exist but also very well known for its supportive effect on the vascular system. This applies in particular to the thin and delicate capillaries where all essential functions of the system come together. And it is especially these delicate vessels in the eye that are to be protected by a sufficient supply with resveratrol.

**Vitamin E (tocopherol)** also serves to protect against, or eliminate, oxidative damage. This fat-soluble substance is found mainly in cell membranes, where it exerts an anti-oxidative effect.

**Vitamin C (ascorbic acid)** is a water-soluble vitamin mainly 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. Zinc plays a major role, for example, in the metabolism of vitamin A, a substance of crucial importance for vision. In addition, it is a component of many enzymes with an antioxidative effect and thus plays an important role in protecting against free radicals.

## Indications

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

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

## Composition

AM capsule (morning)	
	daily dose
Lutein	5 mg
Zeaxanthine	1 mg
Lycopene	1 mg
Vitamin C	100 mg
Vitamin E	30IU
Zinc (Zn)	10 mg
Omega 3 complex (containing EPA 60 mg, DHA 40 mg)	100 mg

in pharmaceutical grade. Other ingredients: SiO<sub>2</sub>, stearic acid, tricalcium phosphate, magnesium stearate

PM capsule (evening)	
	daily dose
Lutein	5 mg
Bilberry extract	200 mg
Zinc (Zn)	10 mg
Copper (Cu)	0.5 mg
Resveratrol	40 mg
Omega 3 complex (containing EPA 60 mg, DHA 40 mg)	100 mg

in pharmaceutical grade. Other ingredients: SiO<sub>2</sub>, stearic acid, magnesium stearate

## Dosage

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

## Side Effects, Contraindications

No substantial side effects have been reported in connection with the use of lutein and zeaxanthine as food supplements at the recommended dosages. If taken in large amounts, lutein can cause gastrointestinal symptoms. Individuals who are hypersensitive to any constituent of the product are advised against taking it. Not suited for pregnant and lactating women.

## Instructions

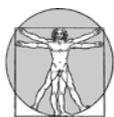
It is generally recommended to consult a specialist before taking food supplements. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Visiochron® only after having consulted a doctor first. If you experience any symptoms while taking Visiochron®, you should consult a doctor and inform him or her of the intake. Store in a cool dry place out of the reach of children.

## Visiochron® Product Groups

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

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

Manufacturer:



**VitaBasix**®

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

## 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.

Subject to alterations and printing errors. Version September 2017