

First Guard™

MACULAR CARE



A VEGETARIAN NUTRITIONAL ORAL LIQUID FOOD SUPPLEMENT FOR ESSENTIAL EYE CARE. A potent liquid nutritional food supplement for maximum absorption and bioavailability for essential eye care of the susceptible and mature population. An easy to use pump dispenser overcomes hard to swallow tablets and capsules. No measuring required easy liquid dispenser.

- Rapid absorption and bioavailability due to the advanced formulation.
- Contains the essential clinically proven eye nutrients
- Easy to use dispenser.
- No discomfort as seen with many capsules and tablets.
- Highly bioavailable Copper and Zinc due to a unique chelation process.
- Vegetable based EPA and DHA to avoid a "Fishy" taste.

INSTRUCTIONS FOR USE.

SHAKE WELL BEFORE USE.

Press 3 times to dispense 3 squirts of First-Guard™ – Macular Care liquid directly under the tongue or mixed into juice or water, this can be divided into morning, noon and evening if required. Preferable to be taken with food. Do not exceed recommended dosage.

COMPOSITION

INGREDIENTS	PER 3.6 ML (3 SQUIRTS)	% NRV
Vitamin E	60mg	500
Ascorbic Acid (Vitamin C)	60mg	75
Nicotinamide (Vitamin B3)	7.2mg	45
Riboflavin (Vitamin B2)	1.8mg	128.6
Cyanocobalamin (Vitamin B12)	2mg	80
L-Taurine	6mg	-
Omega Fatty Acids from Algae	96.3mg	-
DHA	52.6mcg	-
EPA	26.3mcg	-
Zinc (chelated)	30mg	300
Copper (chelated)	1.2mg	120
Lutein	10mg	-
Zeaxanthin	2.4mg	-
Selenium	55mcg	100

Other Ingredients:

Complex used in Nano Technology with Glycerine, Purified Water, Xanthan Gum, Potassium Sorbate and Sodium benzoate with Xylitol Carrier.

STORAGE:

Store in a cool, dry place between 5°C and 25°C, out of direct sunlight and in original container.

PRECAUTIONS

Keep out of sight and reach of children.

Food supplements should not be used as a substitute for a balanced and varied diet or a healthy lifestyle.

Pregnant women should consult their physician. Do not exceed recommendations.

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NUTRITIONAL INFORMATION:

Antioxidants are nutrients that protect cells from damage caused by free radicals (molecules associated with ageing). Too many free radicals can cause eye disease, including advanced Age-Related Macular Degeneration (AMD). Antioxidants keep the creation of free radicals under control and help protect and repair cells damaged by them. The National Eye Institute recommends a diet high in antioxidants, plus Vitamin and Mineral supplements, for all people with increased risk of AMD. There is no substitute for the quality of life good vision offers and adding certain nutrients to your daily diet, either through foods or supplements can help preserve your vision.

Researchers have linked eye-friendly nutrients, such as Lutein and Zeaxanthin, Vitamin C, Vitamin E, Zinc, Copper, EPA and DHA to help reduce the risk of certain eye diseases.

- **Nicotinamide (Vitamin B3)**

Nicotinamide is like a work aid for coenzymes that produce and break down carbohydrates, fatty acids and amino acids. It also contributes to the antioxidant defence system against cataracts.

- **Lutein**

Lutein is an important nutrient found in green leafy vegetables, as well as other foods, such as eggs. Many studies show that Lutein can reduce the risk of chronic eye diseases, including AMD.

- **Zeaxanthin**

Meso-Zeaxanthin and Zeaxanthin form a yellow pigment that helps protect the macula (a tiny yellow spot in your retina) from excessive sun damage by acting as a natural sunblock.

- **Vitamin C**

Vitamin C (Ascorbic Acid) is an antioxidant found in fruits and vegetables. Scientific evidence suggests Vitamin C lowers the risk of developing cataracts. Also, when taken in combination with other essential nutrients, it can slow the progression of AMD and visual acuity loss.

- **Vitamin E**

Vitamin E is a powerful antioxidant found in nuts, fortified cereals and sweet potatoes. Research indicates it protects cells in the eyes from unstable molecules called free radicals, which break down healthy tissue.

- **EPA and DHA**

Omega-3 fatty acids support healthy vision and lower inflammation seen in several eye conditions, while antioxidants provide protection to our eyes. The key actives providing these health benefits are EPA and DHA found in fish and krill oil. EPA and DHA support vision development and eye health recovery, improve dry eye syndrome and lower the risk of AMD.

- **Zinc (Chelated)**

Zinc is an essential trace mineral or "helper molecule." It plays a vital role in bringing Vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer under the retina.

- **Copper (Chelated)**

Copper is an important trace mineral for health and well-being. Copper is a vital component of the natural dark pigment, melanin, which imparts coloration to the skin, hair and eyes. Copper maintains the colour of your eyes and is essential, along with zinc, to keep your eyes beautifully coloured into your old age.

- **Selenium**

Selenium helps to neutralize free radicals which can damage your eyes. When combined with carotenoids and vitamins C and E, may reduce risk of advanced AMD.

- **Vitamin B2**

Vitamin B2, also called Riboflavin, is an important vitamin that acts as an antioxidant within the body. Vitamin B2 is responsible for maintaining healthy blood cells, helping to boost energy levels, facilitating in a healthy metabolism, preventing free radical damage, contributing to growth, protecting skin and eye health. Vitamin B2 plays a major role in ensuring healthy corneas and good vision.

- **Vitamin B12**

Vitamin B12, also known as cyanocobalamin, helps in the formation of red blood cells and is important in nervous system function. Since vitamin B-12 plays a role in the function of nerves and the nervous system, a deficiency can lead to optic neuropathy and decreased vision.

- **Taurine**

Taurine is found in very high concentrations in the retina and vital when it comes to eye health. It declines significantly with age. Taurine in the retina helps fight oxidative stress, especially in diabetes and helps restore deficient levels of nerve growth factor required for maintaining retinal health. Adequate levels can help prevent AMD and other forms of retinal disease

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