

(U.S. product)

Article No. 02269 (30-day supply)

In matters concerning the eye, prevention is especially important; once symptoms develop, cures are often drastic and not often possible. This supplement is designed to support healthy eye tissue.* It supplies extra amounts of vitamin A and other nutrients found to be crucial to optimal eye function, supported by a complement of herbs and botanicals long associated with eye maintenance. 30 caplets; one per day.



- **Vitamin A** (50% from beta carotene/50% from retinyl palmitate): The vitamin most closely associated with the eyes. This explains its scientific name, retinol, as it is found in the retina of the eye. Beta carotene is converted by the body into vitamin A and helps to filter out damaging radiation of UV light, protecting against vision loss.* Retinyl palmitate keeps the cornea crystal-clear and is essential for normal vision, especially night vision.*
- **Vitamin C:** Present in the eye at levels 30 to 50 times greater than in the bloodstream. In the lenses of cataract patients, it is usually absent or greatly reduced. Also, vitamin C is believed to promote eye health by promoting proper formation of collagen, the protein that gives strength and integrity to the tissues of the eye.*
- **Riboflavin:** Studies have shown that 33 percent of adults over 50 may have a deficiency of this important B-vitamin. This deficiency is associated with visual disturbances.
- **Selenium and Vitamin E:** These nutrients work together in the formation of glutathione peroxidase, a protective compound found in the eye.*
- **Zinc:** Vital for normal lens function and integrity.*
- **Taurine:** An amino acid found in abundant supply in the lens of the eye, responsible for enhanced night vision.*
- **Citrus bioflavonoids:** Helps to enhance the effect of vitamin C; improves capillary integrity and promotes formation of collagen.*
- **Anthocyanosides:** Specialized bioflavonoids from bilberries (Swedish blueberries) and red grapes have been used experimentally with good results in reducing nearsightedness, improving night vision and maintaining health of the retina.*
- **Lutein and zeaxanthin:** Carotenoids extracted from marigold flowers. Shown to slow age-related degeneration of the eyes.*
- **Rutin:** Helps to slow the aging process. Its active principle, quercetin, inhibits the action of an enzyme that can accelerate age-related degeneration of the eyes.*

- **Traditional herbs:** Chinese lycium berries and European eyebright herb have long been associated with good eye maintenance in wellness practices.*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

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

Supplement Facts

Serving Size 1 Caplet

| | Amount Per Serving | % DV |
|--|--------------------|------|
| Vitamin A (50% beta carotene, 50% retinyl palmitate) | 2,500 IU | 50 |
| Vitamin C (ascorbic acid) | 100 mg | 167 |
| Vitamin E (d,l-alpha tocopheryl acetate, d-alpha tocopheryl succinate) | 30 IU | 100 |
| Riboflavin | 10 mg | 588 |
| Zinc (zinc citrate) | 10 mg | 67 |
| Selenium (selenomethionine) | 50 mcg | 71 |
| Taurine | 100 mg | † |
| Citrus bioflavonoids | 100 mg | † |
| Bilberry and red grape anthocyanosides (fruit) | 50 mg | † |
| Eyebright aerial parts | 50 mg | † |
| Lycium berry (fruit) | 50 mg | † |
| Rutin (quercetin-3-rutinoside) | 25 mg | † |
| Marigold (flower) standardized extract (19% lutein and zeaxanthin) | 5.5 mg | † |
| Watkins Bio-Activator™ Blend | 50 mg | † |
| Black pepper fruit, ginger root, cellulase plant enzyme | | |

† Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults: take one caplet per day with any meal.

Testimonials—

*These are personal testimonials. Individual results may vary.
Consult your physician before taking any dietary supplements.*

“One year after using Watkins Eye Care Formula, my ophthalmologist declared that my cataract had not grown and that I had a dramatic improvement in my vision. It was the first time in 50 years that my vision had improved, and the doctor has been prescribing weaker glasses each year of the five years that I have been using Watkins Eye Care Formula!”

—**Ellie Golding, Oregon**

“I had my eyes checked in May of 2000 and had to get new glasses. The doctor also discovered a very small cataract on my right eye. He told me it did not need treatment at that time. In May of 2001 I went back for my yearly checkup and I did not need any correction in my glasses, and the cataract was just the same as one year ago. I returned for my yearly exam in May 2002 and the doctor could not find any signs of the cataract. Watkins Eye Care Formula is a great product.”

—**Bob Patton, Kansas**

“My eyes had become so light-sensitive that headlights of oncoming cars blinded me. My wife, Fran, was about to revoke my driving privileges after a number of close calls. Two weeks after beginning Watkins Eye Care Formula, my night vision had been fully restored to a healthy level. My eyes are no longer nutrition-starved, and I can drive safely at night again.”

—**Doug Daisey, New Jersey**

“After taking Watkins Eye Care Formula, my husband, Duane, and I noticed a difference right away. When Duane went to the eye doctor for a checkup, his eyes had actually improved. He got a prescription for less strength, rather than more strength, which was usually the case. The doctor was so impressed, he wanted to know what Duane was doing, and of course, we told him about Watkins Eye Care Formula.”

—**Lois Shuck, Kansas**

“Over the years I’ve had to have laser treatments on my eyes due to diabetes. Since taking Watkins Eye Care Formula, I’ve had no laser treatments, no change in my glasses, and I’ve been able to stretch my checkups from every 4 months to every 9 months. My doctor at the University of Iowa is very impressed!”

—**Carol Messer, Iowa**