

Forsight

Results you
can definitely see



- The way to safeguard from vision loss
- Contains nutrients that protect from diseases such as macular degeneration and cataracts

**Tested in our
ISO 17025**
Accredited Laboratory



newrootsherbal.com



Forsight



Forsight provides a unique synergistic blend of antioxidants, minerals, vitamins, carotenoids and nutraceuticals, all potency-standardized to provide valuable support for vibrant healthy eyes and eyesight. **Forsight** combines traditional knowledge and experience with current cutting-edge science to provide researched, high-quality nutrients designed to maintain important eye functions.

The Eyes Have It

From books, computers and television to sunsets and landscapes, it is clear that vision plays a major role in your life. With today's ever-accumulating pollution and diminishing nutrient quality of foods, nutrition for your eyes has never been more important. Studies show that improved nutrition may reduce vision loss associated with aging, and be particularly helpful in the prevention of cataracts, age-related macular degeneration, and other diseases that affect your eyes.

More than 90% of information entering the brain comes from the eyes.

Forsight is great for people who:

- Work at a computer
- Frequently drive at night
- Focus on detail-oriented tasks
- Notice their vision changing

What's in Forsight?

Marigold, *Haematococcus pluvialis*, and Tomato

The most common vision problem is age-related macular degeneration. The macula is a spot in the eye that processes details in the center of everything we see. It is protected from the damaging effects of light by a pigment, which is comprised mainly of lutein. A lack of lutein in the diet can lead to low levels of macular pigment, which is what contributes to macular degeneration. We provide the proper tested lutein, guaranteed content by high-pressure liquid chromatography.

Lycopene is found in high concentrations in ocular tissues. New preliminary information suggests that carotenoids, particularly lycopene, may protect the eye against oxidative damage. The research review builds on the well-established knowledge that lutein and zeaxanthin are also the two main dietary carotenoids in ocular tissues and may provide protection against age-related macular degeneration (AMD), the leading cause of blindness in those 65 and older.

Blend of Fruit Extracts

Anthocyanidins are a group of bioflavonoids that have especially powerful antioxidant capabilities. They are derived from different fruits, including bilberries.

Vitamin E

Our vitamin E is non-GMO.

Grape Seed

Grape seed extract has a strong affinity for the portion of the retina that is responsible for visual acuity. It prevents free radical–induced damage. The blood flow to your retina decreases with age.

Vitamins B₁, B₂, B₃, B₆, and C

A full spectrum of B vitamins and active B vitamins helps maintain the health of eyes.

Studies suggest that high levels of vitamin C can reduce the risk of cataracts, which are caused by a buildup of proteins that results in cloudy vision. Antioxidant vitamins C and E also play a role in delaying age-related macular degeneration, which currently has no cure.

L-Glutathione

Reduced glutathione is a natural antioxidant present in all cells, and in high concentration in healthy eye tissues. Glutathione levels and the synthesis of this antioxidant are reduced in the eyes of older individuals when cataracts are present, resulting in excessive free radical–induced damage. The typical North-American diet, high in fat and sugar, leaves deficiencies in vitamins, minerals, antioxidants and essential fatty acids. Thus supplementing, exercise, stress management, blood-sugar control, and toxin avoidance contribute to help maintain one's vision.

Selenium

Selenium is essential for the function of glutathione peroxidase, an antioxidant enzyme which protects cells against damage.

Copper

Copper gluconate also helps to reduce puffiness by promoting better microcirculation.

alpha-Lipoic Acid

alpha-Lipoic acid is an antioxidant.

References

- Age-Related Eye Disease Study Research Group. "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, *beta*-carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8". *Archives of Ophthalmology* Vol. 119, No. 10 (2001): 1417–1436.
- Maci, S. "The role of lutein in eye health". *European Ophthalmic Review* Vol. 4 (2010): 74–76.

Each vegetable capsule contains:

Bilberry (<i>Vaccinium myrtillus</i>) fruit extract, 25% anthocyanosides	80 mg
DL- <i>alpha</i> -Lipoic acid	50 mg
Grape (<i>Vitis vinifera</i>) seed extract, 95% proanthocyanidins	50 mg
Lutein (from marigold [<i>Tagetes erecta</i>])	5.5 mg
Blend of berry extract, 20% multianthocyanidins	25 mg
<i>Haematococcus pluvialis</i> extract, 1.5% astaxanthin	13.33 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 5% lycopene	10 mg
Marigold (<i>Tagetes erecta</i>) extract, 20% zeaxanthin	10 mg
Vitamin C (ascorbic acid)	170 mg
Vitamin B ₁ (thiamine hydrochloride)	5 mg
Vitamin B ₃ (niacinamide)	75 mg
Inositol hexanicotinate, flush-free (vitamin B ₃)	25 mg
Vitamin E (D- <i>alpha</i> -tocopheryl acetate)	20.1 mg AT (30 IU)
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	2 mg
Zinc (from zinc citrate)	5 mg
Copper (from copper gluconate)	500 mcg
L-Glutathione (L-glutathione reduced)	25 mg
Selenium (from yeast-free L-selenomethionine)	50 mcg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80079876 · V0478-R6

Recommended use:

Adults: Take 2 capsules daily with a meal containing oil/fat or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. Consult a health-care practitioner for use beyond 3 months.

Manufactured under strict GMP (Good Manufacturing Practices).

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