



NATURE'S SUNSHINE

Perfect Eyes

Non-GMO

GOOD FOR

Eyes

SIZE **60 Capsules**

ITEM # **4075**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules daily with a meal.

— How the Key Ingredients Work

Perfect Eyes brings together time-tested nutrients and plant-based antioxidants that work together to feed your eyes, shield delicate eye tissues from everyday stress, and support the kind of clear, comfortable vision you want to hold onto for years to come.

Lutein — Think of lutein as your eyes' built-in sunglasses. This golden plant pigment concentrates right in the macula — the part of your eye responsible for sharp, detailed vision — where it filters out harsh light and helps protect eye cells from the oxidative wear and tear that builds up over a lifetime.

Zeaxanthin — Zeaxanthin works hand in hand with lutein, and the two are actually the only carotenoids found in the lens and macula of the eye. Together they form a natural protective shield, soaking up damaging light energy and helping to keep the central part of your vision crisp and clear as you age.

Vitamin A — Vitamin A is the original eye-health nutrient — your retina literally needs it to make the pigment that lets you see in low light. Without enough vitamin A, night vision suffers first. It also helps keep the surface of your eye moist and healthy, supporting the kind of comfortable, well-lubricated eyes most of us take for granted.

Zinc — Zinc is a quiet workhorse for your eyes. It helps carry vitamin A from your liver to your retina, where it's needed to produce protective eye pigment. Zinc is naturally concentrated in the eye, especially in the macula, and research shows it plays a key role in keeping that tissue healthy and functioning well over time.

Vitamin C — Your eyes are exposed to light and oxygen all day long, which generates a steady stream of free radicals. Vitamin C is one of the body's most powerful water-soluble antioxidants, and it's found in high concentrations in the lens of the eye, where it helps neutralize that oxidative stress and supports the collagen that gives your eye its structure.

Selenium — Selenium is a trace mineral that your body uses to build its own internal antioxidant defenses. It helps power the protective systems that neutralize harmful molecules before they can damage sensitive eye tissues. Even small shortfalls in selenium can leave those defenses running below their best, so keeping levels topped up matters.

Bilberry — Bilberry has been used for eye support for centuries — British Royal Air Force pilots reportedly ate bilberry jam during World War II to sharpen their night vision. Modern research confirms that bilberry's deep-blue anthocyanin pigments are potent antioxidants that help protect the tiny blood vessels supplying the retina and support healthy circulation to eye tissues.

NAC (N-Acetyl Cysteine) — NAC is a building block your body uses to make glutathione — often called the master antioxidant. The lens of the eye is particularly vulnerable to oxidative stress over time, and keeping glutathione levels healthy is one of the ways the body naturally defends it. NAC helps replenish this critical protective compound from the inside.

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