

## WHAT ADDITIONAL INGREDIENTS ARE INCLUDED IN 4LIFE TRANSFER FACTOR VISTA™?

4Life Transfer Factor Vista includes a host of support ingredients that promote visual performance and overall eye health, including bilberry fruit extract, black currant fruit extract, ginkgo biloba, and astaxanthin.

Black currant fruit extract and bilberry fruit extract have a long history of providing powerful antioxidant support for the eyes. During World War II, a group of British air force pilots documented taking bilberry extract to help support their night vision.

Ginkgo biloba is one of the longest living tree species in the world and has been used by people for many years to support healthy circulation, including circulation in the eye.

Astaxanthin is an antioxidant in the carotenoid family and can exhibit 550 times the antioxidant activity of vitamin E and ten times the antioxidant activity of beta-carotene.<sup>3</sup>



## WHO SHOULD TAKE 4LIFE TRANSFER FACTOR VISTA?

Do you have high exposure to sunlight by working or exercising outdoors? Are you over the age of 50? Do you spend hours in front of the computer each day? Do you smoke or fall short on consuming enough nutrients in your diet? If your answer to any of these questions is yes, you can benefit from taking 4Life Transfer Factor Vista. It's great for men and women who would like to strengthen their visual performance and support overall eye health.

## WHAT ELSE CAN I DO TO SUPPORT MY EYE HEALTH?

To support eye health, it's great to wear sunglasses and hats when you're outside, limit alcohol intake, don't smoke, eat a nutritious diet, and get an eye exam at least every two years.

## REFERENCES

1. Based on the results of the National Disease and Therapeutic Index (NDTI) syndicated report among physicians who recommend a dietary supplement with lutein for eye health—August 2010–August 2011 (U.S. Data).

2. Beatty, S., Murray, I. J., Henson, D. B., Carden, D., Koh, H., & Boulton, M. E. (2001). "Macular pigment and risk for age-related macular degeneration in subjects from a Northern European population." *Investigative Ophthalmology and Visual Science*, 42(2), 439–446.

Nolan, J. M., Stack, J., O'Donovan, O., Loane, E., & Beatty, S. (2007). "Risk factors for age-related maculopathy are associated with a relative lack of macular pigment." *Experimental Eye Research*, 84(1), 61–74.

3. DiMascio, P., et al., "Carotenoids, tocopherols and thiols as biological singlet molecular oxygen quenchers." *Biochemical Society Transactions*, 1990: 18, pp. 1054–1056.

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## COMMONLY ASKED QUESTIONS ABOUT 4LIFE TRANSFER FACTOR VISTA™



## WHAT IS 4LIFE TRANSFER FACTOR VISTA™?

4Life Transfer Factor Vista provides targeted support to benefit visual performance and eye health. 4Life Transfer Factor Vista contains the #1 doctor recommended lutein brand on the market<sup>1</sup>, as well as ingredients that support healthy visual acuity. It also features Targeted Transfer Factor<sup>®</sup>, specifically 4Life Transfer Factor<sup>®</sup> Tri-Factor<sup>®</sup> Formula, to support the immune system.

## WHY IS IT IMPORTANT TO SUPPORT VISUAL PERFORMANCE AND EYE HEALTH?

No matter the shape, size, or shade, your eyes let you view the beauty of the outdoors, read good books, walk, run, drive a car, and much more. It's easy to take your eyes for granted, but you can support the health of your eyes and visual performance for many years to come.

## WHAT IS THE MACULA OF THE EYE AND WHY IT IS CRITICAL TO PROTECT IT?

The macula is an oval-shaped highly pigmented yellow spot near the center of the retina of the human eye. The macula gets its yellow



color from the antioxidants lutein and zeaxanthin. Because the macula is yellow in color, it absorbs high amounts of blue and ultraviolet light that enter the eye. Images viewed are focused within the macula.

## HOW DO LUTEIN AND ZEAXANTHIN PROMOTE HEALTHY EYE FUNCTION?

Lutein and zeaxanthin belong to a group of antioxidants called carotenoids. They provide powerful support for the macula. These ingredients help shield the macula from excessive blue light and oxidative effects of the sun.

Lutein helps eyes see fine details in low light conditions and distinguish between different objects. It increases the ability to tolerate and recover quickly from glaring bright lights, such as head-on car headlights at night. Although all of us are born with protective lutein pigment in our eyes, the levels begin to slowly decrease as we age.<sup>2</sup>

## CAN I GET OPTIMAL AMOUNTS OF LUTEIN AND ZEAXANTHIN IN MY DIET?

Our bodies don't make these antioxidants on their own, so we need to get them through



our diet. The most commonly researched amounts are 10 mg of lutein and 2 mg of zeaxanthin, which can be very difficult to achieve through a normal modern diet. To get 10 mg of lutein and 2 mg of zeaxanthin in your diet, the same amounts found in 4Life Transfer Factor Vista™, you would need to consume:

### LUTEIN

2 ½ cups raw spinach,  
4 ½ cups canned green peas,  
6 ¼ cups cooked broccoli,  
7 ½ cups raw romaine lettuce, or  
12 ½ cups cooked green beans

### ZEAXANTHIN

10 medium oranges,  
12 eggs,  
over 2 cups romaine lettuce, or  
2 ½ cups cooked green beans

## I'VE HEARD ABOUT LUTEIN FROM MY DOCTOR. HOW CAN I MAKE SURE I'M TAKING THE BEST KIND?

4Life utilizes the FloraGLO<sup>®</sup> brand, the #1 doctor recommended and most researched lutein brand on the market. FloraGLO lutein is patented. Its purification process is unique and innovative.

## HOW IS THE IMMUNE SYSTEM ASSOCIATED WITH EYE HEALTH?

Because your eyes are constantly exposed to the outside world, they are vulnerable to a wide range of invaders. The eyes also have a rapid immune cell turnaround, so a well-functioning immune system is the first step in supporting healthy eyes.

## WHAT IS TARGETED TRANSFER FACTOR<sup>®</sup>?

Targeted Transfer Factor products combine the immune system benefits of 4Life Transferceutical<sup>®</sup> ingredients with additional system-specific nutrients to provide a more focused and personal level of health support. Transfer factors are small messenger molecules that educate immune cells, supporting the immune system's ability to recognize, respond to, and remember potential threats. Nanofraction molecules are tiny molecules within colostrum that help the immune system know when to act, how to act, and when to rest.