

### *frequently asked questions*

#### *What is LifeVantage® IC Bright™?*

LifeVantage IC Bright is a unique supplement with lutein, zeaxanthin, omega-3s, and other nutrients. Lutein and zeaxanthin support healthy eye function

#### *Why should I take IC Bright?*

IC Bright provides you with the essential nutrients lutein and zeaxanthin, which support eye health. These nutrients are what your body needs to store macular pigment and help support retina health.

IC Bright also contains antioxidants to support your general health and wellbeing and zinc to support healthy eyesight and cognitive function.

#### *What's the recommended dosage for IC Bright?*

Adults – Take 2 capsules once daily with water, preferably with a meal or as directed by your healthcare professional.

#### *How many capsules are there in each bottle?*

60 capsules per bottle. That is a 30-day supply.

#### *Will ic bright make my eyes brighter?*

It won't make your eyes look any different, but the nutrients in IC Bright support healthy function of your eyes.

#### *What are the key ingredients in IC Bright?*

- 10 mg lutein
- 2 mg zeaxanthin
- 500 micrograms copper (from copper gluconate)
- 5 mg zinc (from zinc gluconate)
- 75 mg ascorbic acid (vitamin C)
- 2.5 micrograms Colecalciferol (vitamin D3 100 IU)
- 10 mg d-alpha-tocopherol (vitamin E)
- 125 mg natural fish oil
- 40 mg contains omega-3 marine triglycerides
- 10 mg equiv. eicosapentaenoic acid (EPA)
- 25 mg equiv. docosahexaenoic acid (DHA)
- 25 mg Vaccinium myrtillus (bilberry) ext. dry conc.
- 125 mg from fresh fruit

#### *Should I take IC Bright with food?*

IC Bright contains fat-soluble nutrients, so it is best absorbed if you consume it with a meal that contains some healthy fats.

#### *Are there any known allergens in IC Bright?*

Allergens present in IC Bright are fish gelatin (softgel), soy lecithin, and fish (cod) oil. Copper gluconate may have corn or corn derivatives.

#### *What are the benefits of lutein and zeaxanthin?*

These yellow-pigmented carotenoids are sourced from marigolds. They are selectively accumulated in your eyes to help support macular and retina health and are the main constituents of macular pigment in the retina. Your macular pigment acts like internal glasses for the eyes.

#### *What are the benefits of zinc gluconate?*

Zinc is an antioxidant that supports your healthy vision and cognitive function.

#### *What are the benefits of vitamin C?*

IC Bright contains antioxidant vitamin C, which supports your blood vessel and capillary health.

#### *What are the benefits of vitamin D3?*

Vitamin D3 is an important nutrient to support your general health and wellbeing. It is often lacking in diets throughout the world.

#### *What are the benefits of omega-3 fatty acids?*

Omega-3 fatty acids are essential nutrients as they cannot be made by your body and must be obtained from your diet.



***What are the benefits of copper gluconate?***

Copper and zinc are provided together for a balanced ratio of these minerals in your body.

***What are the benefits of vitamin E?***

IC Bright is rich in vitamin E, an antioxidant that helps support your general health and wellbeing.

***Is IC Bright gluten-free?***

Yes, IC Bright is gluten-free.

***Is IC Bright vegan- or vegetarian-friendly?***

No, IC Bright contains fish oil.

***Does IC Bright have a flavor?***

IC Bright has a lemon-lime flavor, the same great taste in Omega+, which is a great complement to IC Bright.

***Can I take IC Bright with other supplements?***

It is ok to take IC Bright with other supplements, including Protandim® Nrf2 Synergizer®, Protandim® NRF1 Synergizer®, and Omega+. TrueScience® Eye Serum can also be used with IC Bright to moisturise the skin around your eyes.

***Who should take IC Bright?***

IC Bright has universal benefits because vision is a priority for everyone. IC Bright is recommended for adults 18 and older.

***Can my child or teen take IC Bright?***

It's important to protect their eye health. The nutrients in IC Bright have been shown to be beneficial for children and teens. However, this dosage and the IC Bright supplement have not been studied in children or teens. Please talk to your healthcare provider for more information.

***Can I take IC Bright if I am pregnant or nursing?***

We suggest you consult with your doctor or health practitioner before use if you have any questions or concerns about your pregnancy.

***Can my pet take IC Bright?***

There are many eye health supplements for pets with similar ingredients to IC Bright. However, this dosage and the IC Bright supplement have not been studied in animals. So, please talk to your veterinarian before giving your pet any supplement

***When should I take IC Bright?***

Any time is fine for IC Bright. We recommend you take 1 capsule in the morning and 1 at night, but you can take both capsules at the same time for convenience. It is preferable to take it with a meal.

***How can I take care of my eyes?***

Take frequent breaks from digital device screens, whether you're looking at a laptop, desktop, tablet, or TV. Wear protective eyewear when exposed to the sun.

Always read the label. Contains sulfites, soya bean and fish products. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Do not use if breastfeeding or pregnant or likely to become pregnant. Follow the directions for use.

