

Advanced Nutrition for Healthy Eyes and Total Body Wellness

Are vitamin supplements as beneficial as claimed in some of today's advertising? Can a Multivitamin really contain the vitamins and minerals necessary to promote wellness when taken one time per day?

Nutrition supplements have become the latest rage in America due to the positive spin the health and wellness experts have promoted through the media. Health supplements and diet supplements are being marketed on infomercials all over television, radio and the Internet with incredible deals to promote the sale of these vitamin supplements. Everyone is claiming to have the best vitamin or best supplement, so who should you believe?



We all want to live a long, healthy and prosperous life, however many of us fall short of reaching our lifetime goals because of poor health. Proper nutrition is one of the most important single factors in maintaining our health. Most people in today's society are not getting the required vitamins and minerals from the foods they are eating. We have become a society living 'life on the go' that is fueled by fast food and junk food. Our typical diet is caloric dense and nutrient deficient. Americans consume a diet that is unbalanced—with too many omega-6 fatty acids and not enough omega-3 fatty acids—leading to increased inflammation and disease in the body. Our foods are processed, sugar- and salt-laden, filled with trans fats, hydrogenated oils, high fructose corn syrup, synthetic dyes and artificial sweeteners. These poor nutritional habits combined with a sedentary lifestyle are why the health of the American people is becoming compromised. America is home to the most obese people in the world. According to the CDC (Center for Disease Control and Prevention) obesity in adults has increased by 60% within the past twenty years and obesity in children has tripled in the past thirty years. A staggering 70% of American adults are overweight or obese and obesity related deaths have accelerated to more than 300,000 a year, second only to tobacco related deaths.

How high an ORAC (oxygen radical absorbency capacity) is your multivitamin?

Most nutritional experts recommend 6-13 servings of fruits and vegetables a day. Americans are falling short of this amount and are becoming more and more nutritionally compromised. 80% of American children and almost 70% of adults are not even consuming five portions of fruits and vegetables a day. The population that consumes the least amount of vegetables and fruits are more predisposed in developing disease and illness. These large and growing groups of people are nutritionally compromised and more prone to develop free radical damage in their bodies and eyes. Can a multivitamin taken one time per day really help with these nutrition deficiencies? Many people are misled into believing they can go to the local drug store or warehouse club and purchase a multivitamin supplement that will counteract the poor diets they are on. Many of the health supplements and multivitamins that are sold at the local drug store or commercial warehouse clubs are filled with red, yellow and blue dyes, synthetic nutrients and trans fats—all of the things that are bad for you!



Remember—"you get what you pay for".

Many of the multivitamins and health supplements have only 'window dressing' amounts of specific nutrients, not enough to even register in your blood. These supplements often times have minimal antioxidant power and yet they 'sell like hot cakes' due to aggressive advertising and promotions. Many of these vitamins are not USP certified and may not have any absorption value at all! Studies done at Jean Mayer USDA Human Research Center on Aging at Tufts University suggest that consuming fruits and vegetables with a high ORAC (oxygen radical absorbency capacity) value may help slow down the aging process in the body and brain. Studies have also indicated that taking a vitamin supplement with a high ORAC value may also improve antioxidant status in the human body. However, most of the typical multivitamin supplements taken once daily purchased over the counter have an ORAC value of less than 100. These types of multivitamins are not very useful at combating against free radical damage. Remember—"you get what you pay for".

Best vitamin supplements to combat free radical damage.

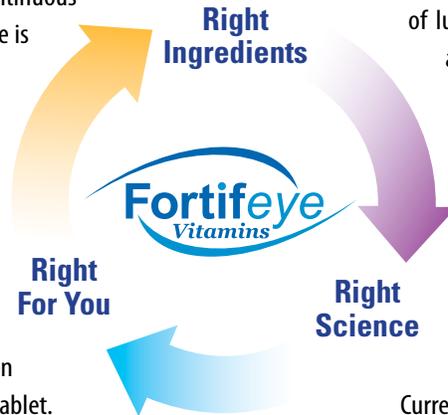
Fortifeye Vitamins is embracing the latest science on free radical damage, antioxidant therapy and ORAC research in the continuous development of their vitamin supplements. Fortifeye is using this science combined with intracellular blood tests to maximize cellular absorption of each Fortifeye product. After Seven years of research and development Fortifeye has released their newest most advanced multivitamin supplement for Healthy eyes and total body wellness called Fortifeye Complete Once Daily Multivitamin. This is a nutraceutical (vitamin and mineral) formula taken once daily with an ORAC value greater than ten times the typical multivitamin per serving in each tablet. Fortifeye’s goal was to develop a multivitamin that was made to support total body and vision health that was convenient, affordable and based on the latest research. Fortifeye Complete Once Daily Multivitamin is all natural without any synthetic nutrients, dyes, trans fats or artificial sweeteners. Fortifeye Complete Once Daily Multivitamin is great for anyone that wants to insure that they are getting enough antioxidants during the day to combat against free radical damage and aid in the total health of their body and eyes.

High bioavailability and packed with powerful antioxidants.

Fortifeye Vitamins has taken a powerhouse combination of 50 total body and vision specific nutrients and combined them all into one USP certified tablet. Fortifeye complete Once Daily Multivitamin has been created by doctors who understand that quality counts. Each nutrient was chosen based on the highest manufacturing standards and metabolic uptake ability by the body (called bioavailability). This formula was created to minimize nutritional deficiencies and maximize the total antioxidant function at a cellular level. Some newly researched nutrients like **resveratrol, green tea, curcumin, zeaxanthin isomers, tocotrienols, vitamin B and vitamin D** along with the ‘**super berries**’ have been added to this formula to gain some of the exciting health benefits. These nutrients are powerful antioxidants that may also help inhibit the formation of “bad” blood vessels (anti-VEGF, which means anti-vascular endothelial growth factor) and are considered natural anti-inflammatory agents. These specific nutrients are being studied for their potential benefits in cancer, arthritis, diabetes, cholesterol, heart disease, eye diseases and as neuroprotectants.



Many studies now suggest that increasing intake of dark green leafy vegetables and darkly pigmented berries may also benefit macular degeneration



and overall health. **Kale, spinach and blueberries** along with **bilberries** and **grape seed extract** have been included in the Fortifeye Complete Once Daily Multivitamin formula. In addition, 7.5 mg of lutein and 1.5 mg of zeaxanthin isomers have been added to help replenish the macula pigment density, filter out the dangerous blue light and also act as a powerful antioxidant to neutralize free radicals in the eye and body. The lutein and Zeaxanthin isomers are in a new delivery system using micro beadlets that are inside the tablets to maximize absorption.

Macular degeneration and proper nutrition.

Current science indicates that macula density in the retina progressively decreases as macular degeneration progresses. Lutein and zeaxanthin are proving to be beneficial for both macular degeneration and cataracts. The total antioxidant value (ORAC value) of Fortifeye Complete Once Daily Multivitamin is one of the highest available



in the industry. Super foods like **gogi, acai, mangosteen, blueberry, grape seed extract, pomegranate, cinnamon and cocoa** were blended to increase the ORAC to these levels. Acetyl-L-carnitine, alpha lipoic acid and CoQ-10 were introduced to support mitochondria health and aid in neuroprotection.

All eight forms of vitamin E (four tocopherols and four

tocotrienols) are utilized in this formula to maximize free radical quenching. The most absorbable form of **zinc** called Opti Zinc is used to increase bioavailability. Vitamin A deficiencies are very rare in developed countries—and too much does pose some serious health risks—so no vitamin A is found in Fortifeye Complete Once Daily Multivitamin. Beta carotene has been linked to lung cancer in smokers and many new studies now indicate that beta carotene may block the absorption of lutein, so no beta carotene is found in any of the Fortifeye products. Many other nutrients are used in this comprehensive Once Daily formula in precise ratios to aid in maximum cellular absorption.

Choose the best multivitamin supplement for your eyes and total body wellness.

When taking Fortifeye combined with lifestyle changes and dietary modifications significant improvements in the health of the eyes and body can be achieved. Fortifeye Complete Once Daily Multivitamin is recommended to anyone wanting to become proactive in their future

Fortifeye® Complete Once Daily

health. If you are like most Americans you are not getting the required amounts of proper nutrition through your current diet. It is time that you become proactive in your health and consider taking a good multivitamin supplement. Do your own research and compare what Fortifeye Complete Once Daily has to offer as compared to what is available at the stores. See the Supplement Facts on this page. If you are looking for a great multivitamin that is truly based on legitimate science and is actively being studied and constantly being enhanced, then Fortifeye Complete Once Daily Multivitamin may be for you.

For best results, also take a triglyceride based omega three fish oil and astaxanthin.



Go to www.fortifeye.com and see the many benefits Fortifeye vitamins have to offer. I do highly recommend everyone who takes a good multivitamin also take a good triglyceride based omega three fish oil supplement and astaxanthin. Fortifeye Super Omega, pictured to the right, is one of the most concentrated and purest omega three fish oils available. The combination of Fortifeye Complete Once Daily, Fortifeye Super Omega and Fortifeye Focus work together to help improve your quality of life thru proper nutrition.

Supplement Facts					
Serving Size: 1 Tablet					
Servings Per Container: 30					
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	150 mg	250	Coenzyme Q10	20 mg	*
Vitamin D (as cholecalciferol)	750 IU	188	Alpha-Lipoic acid	66.5 mg	*
Vitamin E (as d-alpha-tocopheryl succinate, mixed tocopherols: d-alpha-, beta-, gamma-, delta- tocopherols and tocotrienols: d-gamma-, alpha-, delta- tocotrienols)	15 IU	50	Boron (as boron chelate)	66.5 mcg	*
			Bromelain	6.5 mg	*
			Acetyl-L-Carnatine HCl	66.5 mg	*
			Hesperidin complex	3 mg	*
Thiamin (as thiamin mononitrate)	6 mg	400	N-Acetylcysteine	50 mg	*
Riboflavin	3.25 mg	191	Quercetin dehydrate	6.5 mg	*
Niacin (as niacinamide)	13 mg	65	Taurine	83 mg	*
Vitamin B6 (as pyridoxine HCl)	8 mg	400	Turmeric root extract (95% curcuminoids)	10 mg	*
Folate (as calcium folinate)	300 mcg	75	Vanadium (as vanadium amino acid chelate)	3 mcg	*
Vitamin B12 (as cyanocobalamin)	125 mcg	2,084	Lycopene	1 mg	*
Biotin	175 mcg	59	Lutein** (from marigold flower extract)	7.5 mg	*
Pantothenic acid (as D-calcium pantothenate)	20 mg	200	Zeaxanthin Isomers** (from marigold flower extract)	1.5 mg	*
Calcium (as dicalcium phosphate and calcium citrate)	40 mg	4	Tocotrienols	5 mg	*
Phosphorus (as dicalcium phosphate)	22.5 mg	2	Resveratrol	10 mg	*
Magnesium (as magnesium oxide)	16.5 mg	4	Bio Active High ORAC	256 mg	*
Zinc (as OptiZinc® monomethionine)	13.5 mg	90	Antioxidant Blend:		
Selenium (as selenomethionine)	33.5 mcg	48	Green tea leaf extract, lycium (Goji) berry extract (from 15 mg of 5:1 extract), kale/spinach/blueberry complex, bilberry fruit extract, grape seed extract, ocai (Euterpe oleracea) fruit extract, cocoa extract, pomegranate fruit extract, cinnamon bark extract, mangosteen fruit extract.		
Manganese (as manganese gluconate)	0.67 mg	34	** from Lutemax 2020™ is a trademark of Omni Active Health Technologies.		
Chromium (as chromium dinicotinate glycinate)	50 mcg	42			

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, natural flavors, magnesium stearate, silica and film coating ingredients (hypromellose, hydroxypropyl cellulose, polyethylene glycol).

* Daily value not established.

Fortifeye Complete Once Daily Multivitamin can be used alone or in combination with Fortifeye Super Omega-3 and Fortifeye Focus to combat against free radical damage in the eyes and body.

Fortifeye® Complete Once Daily is one of the most potent Once Daily Multivitamins on the market. After seven years of research and development Fortifeye has released their newest multivitamin supplement called Fortifeye Once Daily Multivitamin. This is a nutraceutical (vitamin and mineral) formula taken once daily containing a much higher ORAC value than the typical multivitamin. Fortifeye's goal has been to develop a multivitamin made to support healthy eye's and total body wellness, while offering convenience and affordability. Fortifeye Once Daily Multivitamin is all natural without any synthetic nutrients, dyes, trans fats or artificial sweeteners.

Fortifeye Once Daily Multivitamin is great for anyone that wants to insure that they are getting enough antioxidants during the day to combat against free radical damage and aid in the total body and eye health. Fortifeye has taken a power-house combination of 50 total

body and vision specific nutrients and combined them all into one USP certified tablet. Fortifeye Once Daily Multivitamin has been created by doctors who understand that quality counts.

