

4Life Transfer Factor Vista™

Support for Eye Health

- Supports visual acuity and sharpness
- Includes ingredients to help shield the macula of the eyes from excessive blue light and oxidative effects of the sun
- Promotes healthy eye function
- Supports the eyes' ability to adapt to varying light conditions

What is 4Life Transfer Factor Vista?

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

PRIMARY SUPPORT:

Vision
Eyes

SECONDARY SUPPORT:

Immune
Antioxidant
Skin

Did you know?

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 carotenoids such as lutein and zeaxanthin. It absorbs excess blue and ultraviolet light that enter the eye. Images viewed are focused within the macula, and it is bombarded with high amounts of light exposure.

Key features

- Targeted Transfer Factor combines the benefits of 4Life's Transferenceal® ingredients with additional system-specific nutrients to provide a more focused and personal level of health support.
- Carotenoids such as lutein from marigold and zeaxanthin provide critical shielding and antioxidant benefits for the macula region of the eye.
- Bilberry and black currant extracts provide powerful antioxidant support for the eyes.
- Vitamins A, C, and E supply critical nutrients for the cells of the eyes and act as antioxidants to neutralize free radical activity in the eyes.

To support eye health, 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.

Many studies suggest taking Omega-3 and Omega-6 essential fatty acids to support the eyes.² In fact, lutein and zeaxanthin require the presence of fat to be absorbed into the body.³ 4Life's reformulated BioEFA® with CLA is a great companion product for 4Life Transfer Factor Vista.



DIRECTIONS: Take two (2) capsules daily with 8 oz of fluid.

Supplement Facts

Serving Size: Two (2) Capsules
Servings Per Container: 30

Amount Per Serving	%DV*
Vitamin A (as 50% beta carotene and retinyl palmitate)	5000 IU 100%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	65 mg 110%
Vitamin E (as d-alpha tocopherol acetate)	30 IU 100%
Zinc (as zinc gluconate)	5 mg 33%
Targeted Transfer Factor (Tri-Factor Formula®)	100 mg †
Transfer Factor E-XF™	
A patented concentrate of transfer factors and other natural components from cow colostrum and egg yolk.	
NanoFactor™	
A proprietary concentrate of nano-filtered cow colostrum	
Lutein	10 mg †
Zeaxanthin	2 mg †
Ocular Health Proprietary Blend	269 mg †
<i>Haematococcus pluvialis</i> microalgae extract (Astaxanthin)	
Bilberry (<i>Vaccinium myrtillus</i>) fruit extract	
Spirulina (<i>Arthrospira</i> spp.) microalgae	
Citrus Bioflavonoids (<i>Citrus</i> spp.) peel extract	
Black Currant (<i>Ribes nigrum</i>) fruit extract	
<i>Ginkgo biloba</i> leaf extract	
Blackberry (<i>Rubus fruticosus</i>) fruit extract	
Ascorbigen	
* Daily Value	
† Daily Value not established	

OTHER INGREDIENTS: Maltodextrin, vegetable capsule, and stearic acid.
CONTAINS INGREDIENTS FROM MILK AND EGG.

Ordering Information

Item # 29501 - 60 ct/bottle
Item # 29502 - 12 for the price of 11



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Can I get enough lutein and zeaxanthin in my diet?

Nearly one in two Americans don't have optimal levels of lutein in their eyes as they age. Most Americans only consume 1–2 mg of lutein per day, even though 10 mg is recommended.^{4,5} To get the same amount of lutein and zeaxanthin in your diet as 4Life Transfer Factor Vista provides, 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

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.

Why are lutein and zeaxanthin important for eye health?

Lutein and zeaxanthin belong to a group of antioxidants called carotenoids. They provide powerful support for the focal point of the eyes, the macula. These ingredients help shield the macula of the eyes from excessive blue light and oxidative effects of the sun. Since the body does not make lutein and zeaxanthin on its own, we must get them through our diet.

Lutein helps eyes see fine details in low light conditions and distinguish between different objects. It increases the ability to tolerate and recover more quickly from glaring bright light, 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.^{6,7}

Carotenoids, lutein and zeaxanthin, act as a filter that helps shield the eye from blue light, acting like sunglasses.

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. Chiu CJ et al. "Does eating particular diets alter the risk of age-related macular degeneration in users of the Age-Related Eye Disease Study supplements?" *Br J Ophthalmol*. 2009 Sep; 93(9):1241–6.
3. van Het Hof KH, West CE, Weststrate JA, Hautvast JG. Dietary factors that affect the bioavailability of carotenoids. *J Nutr* 2000;130: 503–506.
4. Wooten, B.R., Hammond B.R. (2002) "Macular pigment: influences on visual acuity and visibility." *Progress in Retinal and Eye Research*. 21, 225–240.
5. Centers for Disease Control and Prevention National Center for Health Statistics. National health and nutrition examination survey data 2001–2002. <http://www.cdc.gov/nchs/about/major/nhanes/nhanes01-02.htm>.
6. 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.
7. 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.

