

Comparison of Vitamin Supplements for Eye Health

INGREDIENTS	Healthy Eyes	Healthy Eyes AREDS 2	PreserVision AREDS 2	PreserVision AREDS	Viteyes AREDS	Viteyes AREDS Advance	Viteyes Advance BF	Icaps Lutein & Zeaxanthin	VisiVite AREDS 2 PLUS + GOLD	VisiVite AREDS 2 Red Formula
Vitamin A	25000 IU	—	—	28640 IU	—	25000 IU	—	6600 IU	—	—
Vitamin C	500 mg	500 mg	500 mg	452 mg	500 mg	500 mg	500 mg	400 mg	500 mg	500 mg
Vitamin E	400 IU	400 IU	400 IU	400 IU	400 IU	400 IU	400 IU	150 IU	400 IU	400 IU
Zinc	80 mg	25 mg	80 mg	69.9 mg	25 mg	80 mg	80 mg	80 mg	40 mg	80 mg
Selenium	200 mcg	—	—	—	—	200 mcg	200 mcg	40 mcg	200 mcg	—
Copper	2 mg	2 mg	2 mg	1.6 mg	2 mg	2 mg	2 mg	4 mg	1 mg	2 mg
Lutein	12 mg	10 mg	10 mg	—	10 mg	10 mg	10 mg	4 mg Combined	15 mg	10 mg
Zeaxanthin	4 mg	2 mg	2 mg	—	2 mg	3.5 mg	3.5 mg		4.75 mg	2 mg
Berry Polyphenol Complex	120 mg	—	—	—	—	90 mg	90 mg	—	70 mg	—
Omega 3	—	—	—	—	—	—	—	—	—	—
Artificial Colors	No	No	Yes	Yes	No	No	No	No	No	No
Calcium	—	—	—	—	—	—	—	30 mg	—	—
Manganese	—	—	—	—	—	—	—	10 mg	—	—
Alpha-Lipoic Acid	—	—	—	—	—	50 mg	50 mg	—	20 mg	—
Riboflavin	—	—	—	—	—	—	—	10 mg	—	—
Vitamin B6	—	—	—	—	—	—	—	—	20 mg	—
L-Glutathione	—	—	—	—	—	—	—	—	10 mg	—
Quantity Per Day	4	2	2	2	2	2	2	2	2	2
Quantity Per Bottle	120	120	120	120	180	180	180	120	60	60
Retail Price	\$23.99 (1 month supply)	\$25.99 (2 month supply)	\$35.49 (2 month supply)	\$32.99 (2 month supply)	\$59.95 (3 month supply)	\$59.95 (3 month supply)	\$59.95 (3 month supply)	\$19.98 (2 month supply)	\$29.95 (1 month supply)	\$29.95 (1 month supply)

*Based on daily dosage.

For more information on **Healthy Eyes**, contact:

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