

### *frequently asked questions*

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

LifeVantage IC Bright is a unique softgel supplement with lutein, zeaxanthin, omega-3s, and other nutrients designed to support your eye and brain health.

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

IC Bright provides you with essential nutrients for healthy eyes and vision that may be missing from your diet. These nutrients are what your body needs to store macular pigment and support healthy retinas. This pigment is important for filtering out blue light, which is a high-energy light that may cause eye fatigue and dry eyes.

Digital devices and some types of lighting are sources of blue light. According to some estimates, adults spend anywhere from 11 to 19 hours a day in front of a digital device. Between time on computers and smartphones, watching TV, or working under LED or fluorescent lights for several hours a day, your eyes could be exposed to an almost constant level of blue light.

IC Bright will help keep levels of macular pigment replenished to filter blue light and provide essential nutrients for eye health and function. A growing body of research is also finding that these nutrients can help support your brain health, too.

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

Take 2 softgels per day with or without food.

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

You get 30 servings per bottle.

#### *Will it really make a difference?*

One study found that taking supplements with lutein and zeaxanthin for 6 months reduced the feeling of eye fatigue in those with high amounts of digital device exposure. And research has shown that these nutrient supplements also help you see more clearly in low light or after being exposed to glare, so it could help your vision when driving at night.

For those concerned with supporting clear vision as they age, the nutrients in IC Bright have been demonstrated in multiple studies to help maintain eye health, especially in the macula at the center of the retina.

#### *Will IC Bright make my eyes brighter?*

It won't make your eyes look any different, but they might feel brighter when your eye fatigue is lessened.

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

- 20 mg lutein
- 4 mg zeaxanthin
- 10 mg zinc gluconate
- 125 mg vitamin C
- 5 mcg vitamin D3
- 250 mg omega-3 fatty acids (150 mg of DHA)
- 1 mg copper gluconate
- 20 mg vitamin E
- 50 mg bilberry powder – European blueberry (*Vaccinium myrtillus*)

#### *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. The omega-3s in the product also support absorption.

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

Possible allergens are fish gelatin (softgel), soy lecithin, and cod oil. Copper gluconate may have corn or corn derivatives.

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

Sourced from marigolds, these yellow-pigmented carotenoids are selectively accumulated in your eyes to replenish macular pigment optical density. Your macular pigment filters blue light to act like internal blue-blocker glasses.



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

Zinc is an antioxidant that helps your body absorb and use vitamin A, and it supports your eye's ability to relay important messages to your brain.

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

IC Bright is an excellent source of the antioxidant vitamin C, which helps your body make collagen, a structural protein that supports healthy eye structure.

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

Vitamin D has shown to be an important nutrient to support your eye health, and it is often lacking in diets throughout the world.

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

Your retina has a high concentration of omega-3 fatty acid DHA, because it's essential for healthy structure and function of the eye.

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

Copper and zinc work together to promote optimal absorption of both.

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

IC Bright is rich in vitamin E, an antioxidant that helps protect the fatty acids in your retina from oxidative stress.

***What are the benefits of bilberry powder (European blueberry)?***

Bilberry contains anthocyanins—the antioxidants from blue fruits—to provide you with antioxidant protection. It has a long history of use to support clear vision.

***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?***

We also recommend you take Protandim® Nrf2 Synergizer® to help your body make its own powerful antioxidants that help protect eye cells, Protandim® NRF1 Synergizer® to help provide the energy your eye cells need to function, and Omega+ to supply DHA to support the structure of your eyes and brain.

TrueScience® Eye Serum can also be used with IC Bright to moisturize the skin around your eyes.

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

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

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

Children and teens are also exposed to digital devices more than ever. 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 physician 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 softgel in the morning and 1 at night, but you can take both softgels at the same time for convenience.

*How does time in front of a screen affect my eyes, sleep, and brain?*

Exposure to blue light, especially in the hours before bedtime, may impact your circadian rhythms and may disrupt your normal sleeping patterns. Extended exposure to blue light may cause your eyes to feel dry or irritated, and some people report headaches.

*Is all blue light bad for my eyes?*

Not at all. The blue light from the sun is what lets your body know it's time to wake up. In the morning, it's helpful for attention and mood, so you don't want to wear blue-light blocking glasses all day. However, our bodies weren't designed for such close-up and constant exposure, so our eyes need extra defense to keep up with our modern lifestyle.

A supplement like IC Bright allows your eyes to absorb and filter blue light in a healthy, normal way. You get all the benefits of blue light during the day but are protected from the potential negative effects.

You may want to consider adding blue-light blocking glasses at night or avoiding screen time an hour or 2 before bedtime, which is when it's most disruptive to your sleep.

