**COMPLETE® I-SET**

**Form**
250 mg tablet

**Daily intake**
1 tablet with meal, 3 tablets per day

**Active ingredients**
(daily intake)
Standardized Marigold flower extract 45 mg, standardized Grape seeds extract 21 mg, standardized Bilberry extract 90 mg, standardized Black currant extract 81 mg, standardized Ginkgo Biloba extract 30 mg

**Application**
Food supplement, additional source of Lutein, Zeaxanthin, and bioflavonoids.

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**Daily intake (3 tablets)**

- **will provide with**
- **9 mg of Lutein, 1.125 mg of Zeaxanthin, 42.75 mg of anthocyanins of Bilberry and Black currant and 19.95 mg of Grape seed OPCs**

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<table>
<thead>
<tr>
<th>Item N 0101</th>
<th>60 tablets/pack</th>
<th>20 days supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item N 0102</td>
<td>90 tablets/bottle</td>
<td>30 days supply</td>
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</table>

Lutein and Zeaxanthin are the primary carotenoids found in the eye. Individuals in the top quintile (20%) of Lutein/Zeaxanthin consumption are **50% less likely to develop a cataract** compared to individuals in the lower quintile of consumption. Lutein and Zeaxanthin, like “natural sun glasses”, are able to **protect the eyes against radiation damage** by acting as an optic filter and an antioxidant. Higher intake of Lutein and Zeaxanthin resulted in a **30-40% reduction in the amount of blue light reaching the eye**, and represents a substantial protection against the type of damage that leads to **macular degeneration**. Numerous studies shown direct connection between Lutein and Zeaxanthin intake and the risk for **age-related macular degeneration (ARMD)**. Studies revealed that retinas of individuals with macular degeneration had substantially lower levels of Zeaxanthin and Lutein. Individuals in the top quintile (20%) of Lutein and Zeaxanthin intake were found to have an **82% lower risk of developing age-related macular degeneration** compared to individuals in the bottom quintile.

It was found that higher levels of Lutein and Zeaxanthin in the diet were associated with **lower rates of pigmented abnormalities**. The results of clinical trials conducted for 120-140 days were maintained for 40-50 days after discontinuing the supplementation.

Bilberry is a **powerful antioxidant**. With age, oxidative stress due to free radicals increases in some people more than in others. This damage to ocular tissues may lead to various eye pathologies. By improving oxygenation of tissue, Bilberry shown promise in the areas of **prevention of diabetic retinopathy**,** minimizing the advance of macular degeneration**, and **arresting cataract progression**.

Bilberry extract was found to slow the progression of lens opacities in 97% of the cases. High intraocular pressure is considered a risk factor for developing **glaucoma**. In a 2008 study, patients using multi-ingredient product of standardized bilberry showed **significant reductions in intraocular eye pressure** after three months.

Grape seeds shows photo-protective effect. Study has demonstrated that grape seed proanthocyanidins (OPCs) **inhibit UV-induced oxidative stress**. In several controlled trials, subjects improved their **visual problems of glare, sensitivity to light, and dazzling**.

Ginkgo biloba is associated with improvements in ocular blood flow. Due to the potent antioxidant activity of Ginkgo biloba, a clinical study reported significant improvements in visual function in patients having **macular degeneration, glaucoma, cataracts**, and **retinal impairments**.

In human trials Black currant extract showed a dose-dependant effect on **lowering the dark adaptation threshold**.

Black currant anthocyanins **accelerate the regeneration of rhodopsin**. Rhodopsin, also known as visual purple, is a pigment of the retina that is responsible for both the formation of the photoreceptor cells and the first events in the perception of light. Rhodopsin is extremely sensitive to light, **enabling vision in low-light**
Exposure to light, the pigment immediately photobleaches, and, without external help, it takes about 30 minutes to regenerate fully in humans.

Human studies have suggested that the development of myopia may possibly be prevented by facilitating relaxation of the intraocular ciliary muscle. Black currant anthocyanins produce sustained and progressive relaxation of bovine myopic ciliary muscle. Black currant supplements could be used for the prevention of myopia by relaxing the ciliary muscle naturally and without side effects. Human studies comparing the uptake and excretion of Black currant anthocyanins show only less than 1% of the administered dose excreted in the urine albeit being proportional to the dose ingested.

External links:

**LUTEIN, ZEAXANTHIN**
- American Optometric Association: [http://www.aoa.org/x11815.xml](http://www.aoa.org/x11815.xml)

**BILBERRY**
- eHerbal: [http://www.eherbal.org/data/bilberry.html](http://www.eherbal.org/data/bilberry.html)
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/bilberry-000225.htm](http://www.umm.edu/altmed/articles/bilberry-000225.htm)

**BLACK CURRANT**
- The Black Currant Foundation, UK: [http://www.blackcurrantfoundation.co.uk/newsitem.html?id=5](http://www.blackcurrantfoundation.co.uk/newsitem.html?id=5)
- CBS Interactive Inc.: [http://findarticles.com/p/articles/mi_m0FDN/is_6_5/ai_68727253/](http://findarticles.com/p/articles/mi_m0FDN/is_6_5/ai_68727253/)

**GRAPE SEEDS**
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/grape-seed-000254.htm](http://www.umm.edu/altmed/articles/grape-seed-000254.htm)
- Drugs.com: [http://www.drugs.com/mtm/grape-seed.html](http://www.drugs.com/mtm/grape-seed.html)

**GINKGO BILOBA**
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/ginkgo-biloba-000247.htm](http://www.umm.edu/altmed/articles/ginkgo-biloba-000247.htm)

**References:**

View Abstract


