

# Ease the Eyes and Mind



## Screen Time™ Blue Light Support & Screen Time Stamina®

You're exhausted and your eyes ache, but this project won't finish itself. Whether you like it or not, you're stuck in front of that computer screen for hours. Or maybe it's the weekend and your sister has convinced you to binge-watch all five seasons of that show, chat online for hours, or join a marathon gaming session. Long hours in front of a screen can strain eyes, cause fatigue, and decrease attention span. Whether your eyes need support from extensive blue light exposure or you could use a sustained burst of energy to reach the finish line, Source Naturals® has you covered.\*

We've been a leader in the marketplace for decades, delivering formulas based on the latest nutritional and biological science. With our Screen Time™ product line, we utilize science-backed ingredients to support and optimize our new high-tech lifestyles. Our Screen Time™ Blue Light Support and Screen Time Stamina® products give you the eye health support and endurance to succeed in the digital age.\*



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Screen Time Blue Light Support** is specially formulated to help ease the effects of excessive screen time usage on the eyes. It helps absorb high-energy blue light, maintains visual contrast sensitivity, and protects the macula. Plus, it's caffeine-free so it can be taken at any time of day or night. A special blend of eye health ingredients, including lutein and zeaxanthin, Screen Time Blue Light Support helps you and your eyes Live Unstoppable®.\*

**Screen Time Stamina** supports the physical stamina and endurance you need to stay up and finish the project, binge watch the season, or game all night—without losing mental clarity or focus. Featuring science-backed herbs, vitamins, and nutrients with a touch of caffeine from green tea, this formula is a plant-based alternative to energy drinks. Don't let the screen wear you down. Excel with Screen Time Stamina.\*

### What Is Blue Light?

Also called high-energy visible light, blue light is a short wavelength and high-energy visible light. While these rays are responsible for a gorgeous blue sky, they're also very hard for our eyes to block, and the high energy state of these rays can cause retinal damage.\*

It's no secret prolonged exposure to blue light can strain and irritate the eyes, but in an LED world with screens at every turn, it often can't be avoided. The average American bathes in blue light from LED screens and lighting for eight hours a day. It's a brand-new world with uncertain long-term health consequences.\*

One thing's for certain, eye doctors and other health care professionals have expressed concerns about ever-increasing screen time and the proximity of the screens to our faces. Eye strain, blurred vision, and decreased attention spans affect our work and our play.\*

### Protect the Retina with Screen Time Blue Light Support

The most common problem associated with prolonged exposure to blue light is eye strain and the accompanying dryness, blurred vision, and disrupted sleep cycles. Too much screen time can even damage the retina and macula. Screen Time Blue Light Support brings together top nutrients for supporting healthy vision: lutein, zeaxanthin, and vitamin A.\*

Lutein and zeaxanthin are the dominant pigments found in the retina's macular region. The macula selectively accumulates lutein and zeaxanthin from plasma to filter out visible blue light. Recent studies suggest this filtering process serves to protect the retina and macula from the potentially damaging high-energy light waves such as blue light, and the UV rays in sunlight. Research also suggests that higher densities of lutein and zeaxanthin in the macula support healthy visual performance.\*

Screen Time Blue Light Support contains high potency doses of vitamin A, zinc, and vitamin E. Vitamin A is an essential nutrient required for normal night vision, maintaining healthy skin, and keeping mucous membranes moist and functioning. Zinc is found in high concentrations in the retina, and vitamin E is a powerful antioxidant.\*



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## Stress and Fatigue Relief with Screen Time Stamina

Long hours in front of a screen can be fun and productive, but they can also sap our energy and stress us out. That's why Screen Time Stamina includes *Rhodiola rosea*, eleuthero, and schisandra, a trio of adaptogens shown to help relieve occasional feelings of stress, fatigue, and anxiety. *Rhodiola rosea* is especially suited for helping those who feel depleted due to overwork, excess stress, and inadequate rest.\*

Screen Time Stamina also features ashwagandha, which helps the body adapt to physiological and psychological stress. In addition, ashwagandha may help optimize energy levels and improve results on tests of memory and cognition in healthy adults.\*

Blended into these herbs is the amino acid theanine, which human studies suggest may modulate certain brain waves associated with a relaxed state of mind. Preliminary research suggests that theanine may help ease some psychological and physical aspects of normal everyday stress, including occasional anxiety and tension. Screen Time Stamina includes a touch of green tea extract. When combined with caffeine, theanine has been shown to be more effective at improving scores on

tests of reaction time, memory, accuracy, and attention than either ingredient alone. They have also been shown to improve subjective mood ratings.\*

To keep the mind sharp and on task, Screen Time Stamina also includes cognition-supporting nutrients. *N*-acetyl *L*-tyrosine is a source of the amino acid *L*-tyrosine, which is a precursor to several essential compounds, including the neurotransmitter dopamine, which is responsible for a sense of drive and edge. Dimethylaminoethanol (DMAE) may provide a substrate for the generation of acetylcholine, the brain neurotransmitter necessary for memory, learning, and concentration.\*

## Protection and Support for the 21st Century

When you look at all the possibilities created by the digital world, it can be hard to see the risk it poses to your vision.\*

Screen Time Blue Light Support is expressly formulated to help mitigate the effects of excessive computer use—strained and dry eyes, blurred vision, and disrupted sleep cycles. Screen Time Stamina is designed to cut through the mental cloudiness and fatigue associated with our high-tech lifestyles, keeping you energized and focused while helping the mind and body to cope with stress.\*

These products are uniquely formulated to meet our modern needs so we can work, play, and socialize online. Trust Source Naturals®, a natural health industry pioneer and leader, to provide precisely what you need to Live Unstoppable®!\*



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## Which Screen Time Formula is Best for You?

To support healthy eyes and protect the retinas during periods of prolonged screen use, go with Blue Light Support. If you need clarity and endurance with a green tea extract kick and cognitive support, go with Stamina. Here's how the two formulas compare:

	Blue Light Support	Stamina
Vitamin A (as <i>beta</i> -carotene & palmitate)	✓	✓
Vitamin E (as <i>D-alpha</i> tocopheryl succinate)	✓	
Zinc (as zinc citrate)	✓	
Copper	✓	
Lutein	✓	✓
Zeaxanthin	✓	✓
Lycium Fruit Extract	✓	
Chrysanthemum Flower	✓	
Bilberry Fruit Extract	✓	✓
<i>alpha</i> -Lipoic acid	✓	
Vitamin D-3 (as cholecalciferol)		✓
Rhodiola Root Extract		✓
Ashwagandha Root Extract		✓
Green Tea Leaf Extract (50% Caffeine)		✓
L-Theanine		✓
N-Acetyl L-Tyrosine		✓
DMAE (as bitartrate)		✓
Gotu Kola Aerial Parts Extract		✓
Huperzine A		✓
Vinpocetine		✓
Ginkgo Leaf Extract		✓
Asian Ginseng Root Extract		✓
N-Acetyl Cysteine		✓
Turmeric Rhizome Extract		✓
Taurine		✓
Holy Basil Leaf Extract		✓
Schisandra Fruit		✓
Natural <i>trans</i> -Resveratrol		✓
Eleuthero Root Extract		✓



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