

VitaHealth VLife[®] Opti-Well

Why your eye health matter?

Your eyes are one of the most vital organs, enabling you to see, interpret, and interact with the world around you. They work tirelessly every day, processing countless visual signals to keep you connected and productive. However, in today's digital era, our eyes face a growing challenge: blue light exposure from screens.

Blue light is a high-energy visible light emitted by digital devices such as smartphones, computers, tablets, and LED lighting. Unlike other wavelengths, blue light penetrates deep into the eye, reaching the retina. Prolonged exposure can lead to digital eye strain, characterised by symptoms such as dryness, blurred vision, headaches, and visual fatigue. Over time, excessive blue light may also disrupt your natural sleep cycle by interfering with melatonin production, leaving you feeling tired and less focused.

Your eyes have natural defense mechanisms, such as blinking and tear production, to maintain comfort and clarity. However, these defenses are often overwhelmed by modern habits like extended screen time, poor lighting conditions, lack of breaks, and inadequate hydration. When these factors combine, the risk of oxidative stress and retinal damage increases, potentially contributing to long-term issues such as macular degeneration.

Category	: VLife[®]
Barcode No.	: 9322935030725
Product Code	: 45185
Product Weight	: 310g
Pack Size	: 15's
Box Dimension	: 13.8cm x 14.5cm x 4.3cm
Carton Dimension	: 43.6cm x 28.4cm x 31.6cm
Full Carton Weight	: 11.8g
Quantity/carton	: 36 boxes

Each liquid sachet (15ml) contains:

Black tomato extract, FloraGLO™, marigold extract, bilberry extract, blueberry extract & vitamin A

Directions:

Adults – Take 1 sachet directly by mouth, once or twice daily.

Kids above 10 years old – Take 1 sachet directly by mouth, once or twice daily.



To reduce strain eyes	To reduce dark eye circle
<ul style="list-style-type: none"> • Consume 1 sachet of of VLife® Opti-Well (morning) 	<ul style="list-style-type: none"> • Consume 2 sachets of VLife® Opti-Well (morning & night)
<ul style="list-style-type: none"> • Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds 	<ul style="list-style-type: none"> • Quick eye exercise (look left, right, up, down repeat)
<ul style="list-style-type: none"> • Use warm compress on eyes for relaxation 	<ul style="list-style-type: none"> • Practice gentle eye gua sha

Less strained, fresher and better eyes as early as 7 days.

* Disclaimer: Results are based on in-house trial. Efficacy may vary between individuals.

Why Choose VitaHealth VLife® Opti-Well?

- **Patented black tomato extract** to reduce blue light-retinal damage
- **3-pronged approach to relieve blue light induced eye strain**
- FloraGLO™, marigold extract, bilberry extract and blueberry extract to serve as an effective eye antioxidants
- **doubleNUTRI™ technology for maximum nutrient absorption and efficacy**
- **Ready-to-drink liquid sachet** to be consumed anytime, anywhere

Benefits

Rich antioxidant concentration

- Tomato has been used for centuries as a culinary icon, representing tradition, family meals, and regional pride, but rarely for eye health. However, among 10,000+ tomato species, there is one special tomato through meticulous cultivation/ breeding, evolved to become the exclusive black tomato renowned for its dark skin. Black tomato contains 35 times more anthocyanin concentration and 4.7 times more lycopene than average tomato which translates to significant eye benefit.

Effective eye fatigue/ pain improvement

- Daily screen use and long hours of close-up work often leave the eyes feeling tired, sore, and strained. VLife® Opti-Well incorporates 6 eye optimised ingredient designed to help your eyes stay comfortable and refreshed throughout the day. Black tomato extract and FloraGLO™ Marigold Extract naturally filter blue light to reduce strain on the eye muscles. While bilberry, blueberry and black tomato extract help improve blood flow and ease tension around the eyes. Vitamin A supports moisture and comfort, helping reduce dryness—one of the most common causes of eye irritation. Studies shown that taking black tomato extract reported improvements under 4 weeks:
 - Eye fatigue improved by 33%
 - Eye pain improved by 42%
 - Difficulty in reading small words improved by 36%
 - Eye focusing ability improved by 33%

Reduce risk of blurred vision

- Persistent eye inflammation—often triggered by long-term screen exposure, oxidative stress, or aging—gradually stresses the retina, the retinal cells may begin releasing higher amounts of VEGF (Vascular Endothelial Growth Factor), a signal that encourages new blood vessels to grow. Although VEGF is a natural response to poor oxygen supply, excessive amounts can lead to abnormal or fragile vessel formation. Over time, this process can cause distorted vision, fluid leakage, and gradual blurriness or even blindness. VLife[®] Opti-Well with its black tomato extract help neutralise the oxidative stress and lower VEGF levels effectively based on a study, protecting the eyes from gradual vision loss.

Improve dark eye circles

- Anthocyanins and lycopene improve ocular and periorbital microcirculation by promoting nitric oxide-mediated vasodilation, strengthening capillary integrity, reducing oxidative stress and inflammation, and enhancing oxygen delivery. These mechanisms collectively reduce blood stasis and pigment deposition, leading to a visible reduction in dark circles.

Target Customers

- Long hour electronic device user
- Office worker with long screen time
- Screen addicted teens
- Elderly with eye discomfort
- Insomniacs with eye discomfort
- Persistent eye strained individual

References:

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