



SEE EVERYTHING MORE CLEARLY

How amazing our eyes are! Not only can they process tremendous amounts of information, but they can also identify thousands of shades and colours. Unfortunately, as we get older, medical conditions like age-related macular degeneration (AMD) can affect our sight. For people over 65, AMD is the leading cause of irreversible vision loss and blindness.

BETTER NUTRITION LEADS TO BETTER VISION

Eating a balanced diet with healthy foods like kale, carrots and citrus fruits is one of the best things we can do for our eyes. But if that's not realistic, then taking high-quality eye supplements containing antioxidant vitamins and carotenoids (lutein and zeaxanthin) can also help prevent or slow the progression of AMD. Our best defence in the fight against AMD starts by arming ourselves with knowledge. Our pharmacists can provide a better understanding of AMD and choosing the supplements that are right for each person.

Vitamins and natural health products can interact with your medication or be contraindicated in certain conditions. Consult your health care professional to find the product that is right for you, in accordance to your needs and health condition, as well as contraindications and possible side effects.



EYE

	LUTEIN COMPLEX FORMULA CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	30
<p>Active ingredients Lutein, Zeaxanthin, Grape Seed Extract, Ginkgo Extract, Bilberry Extract, Green Tea Extract.</p> <p>Properties/Uses Helps to support eye health in conditions associated with sunlight damage, such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.</p> <p>Directions (adults) 1 capsule daily with a meal or as recommended by your health care professional. Consult a health care professional for use beyond 3 months.</p> <p> • Do not use if you are taking products that affect blood coagulation, may increase the risk of spontaneous bleeding. • Monitor glycemia closely if you are taking medications for diabetes.</p>			
	LUTEIN 20 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p>Active ingredients Lutein, Zeaxanthin.</p> <p>Properties/Uses Lutein is an antioxidant for eye health. It promotes the health of the macula, retina and lens with its antioxidant properties and by filtering out damaging blue light. This may reduce the risk of age-related macular degeneration and cataracts.</p> <p>Directions (adults) 1 softgel daily or as recommended by your health care professional.</p> <p>Notes: _____</p>			

