

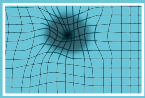


EAT RIGHT FOR YOUR SIGHT

FACTS ABOUT VISION



285 MILLION PEOPLE worldwide are visually impaired, 246 million have a low vision and 39 million are blind.



25-30 MILLION PEOPLE are affected by age-related macular degeneration (AMD).



82% of people living with impaired vision or blindness are aged 50 and above. This number is expected to increase with the world's population aging.



MORE THAN 80% of vision impairment can be prevented, treated or cured.

"It is difficult to obtain all of the nutrients that support eye health from food alone. To fill the gaps, consider a supplement specifically formulated for eye health and vision."

– **ELIZABETH SOMER**, registered dietitian and author of "The Essential Guide to Vitamins and Minerals"



EATING A DIET RICH IN FRUITS AND VEGETABLES IS IMPORTANT FOR KEEPING YOUR EYES HEALTHY



LUTEIN
filters harmful blue wavelengths of light.



OMEGA-3s
offer immune and vascular health benefits to support healthy eyes and visual function throughout life.



ZEAXANTHIN
absorbs damaging blue light and reduces glare to protect healthy cells.



VITAMIN A
is required for the formation of rhodopsin, a photoreceptor pigment in the retina. Vitamin A helps maintain epithelial tissues.



VITAMIN E
protects against free radical damage and contributes to healthy blood flow.



VITAMIN C
is a powerful antioxidant found in watery regions of ocular tissue.

COMPENSATE MISSING NUTRIENTS BY CONSIDERING SUPPLEMENTS AND LOOKING FOR FORTIFIED FOODS AT THE GROCERY STORE.

"Vision is influenced by our lifestyle and commonly declines as we age. The goal is to build optimal eye health early and maintain it throughout adult life."

– **DR. KIMBERLY REED**, optometrist and Ocular Nutrition Society board member

EYE HEALTH QUESTIONS & ANSWERS

Will my eyesight and overall eye health **WORSEN AS I AGE**, no matter what?



THAT DOESN'T HAVE TO BE THE CASE.

Age-related conditions, such as cataracts, may be treated with the right care to allow you to continue living a life of good vision.

IS MY CHILD AT ANY RISK OF VISION IMPAIRMENT OR BLINDNESS?



AROUND 1.4 MILLION CHILDREN WORLDWIDE ARE BLIND.

The major causes of blindness in children include cataract, retinopathy of prematurity, and **vitamin A deficiency**. Approximately half of all childhood blindness can be avoided or treated.

HOW CAN NUTRITION HELP IMPROVE MY EYE PERFORMANCE?



THE NUTRIENTS THAT PROTECT YOUR SIGHT ALSO INFLUENCE HOW WELL YOU CAN SEE.

Nutrients like Lutein and Zeaxanthin are part of your eyes where the light is processed into signals and visualized in the brain. The better your nutrient status, the better the visual performance and comfort.

WHAT ELSE CAN I DO TO KEEP MY EYES HEALTHY?



INCORPORATE YOUR EYE HEALTH AS PART OF YOUR REGULAR HEALTH CHECK-UPS.

Having a comprehensive dilated eye exam is important to make sure you're keeping your eyes healthy.



To upgrade your vision please visit:

www.dsm.com

1. International Agency for the Prevention of Blindness (IAPB), Global Facts www.iapb.org/vision-2020/global-facts, 2. World Health Organization (2012), 3. NIH The National Eye Institute www.nei.nih.gov (accessed Feb 2015), 4. AMD Alliance International, 2002.