

# SEE HOW WELL YOU SEE

## Eye problem(s) that may be encountered by adults include:

- Failing vision
- Myopia
- Conjunctivitis
- Cataracts

<http://hpb.gov.sg/hopportal/health-article/802>

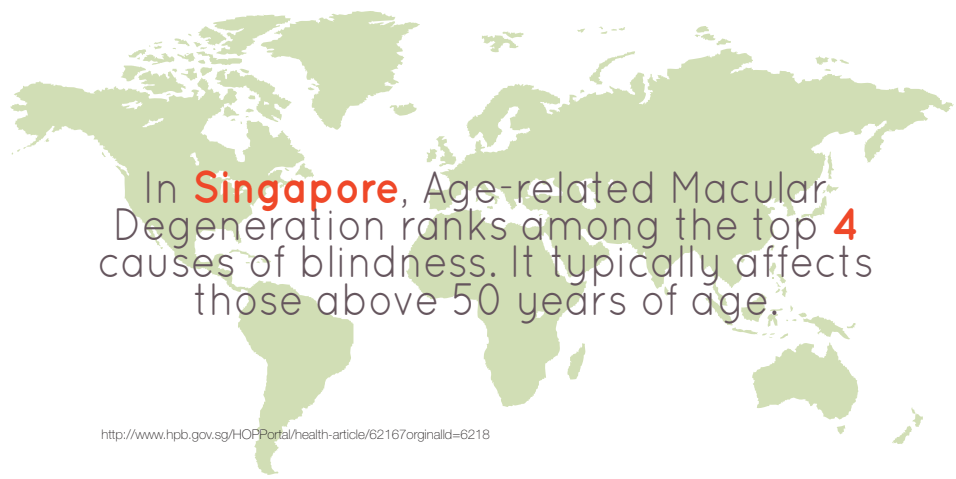


## 246 million

people worldwide suffer from low vision

- About 65% of all people who are visually impaired are age 50 and older (WHO)
- 82% of people living with blindness are age 50 and over (WHO)
- That's 20% of the world's population! (WHO)

<http://www.who.int/mediacentre/factsheets/fs282/en/>



In **Singapore**, Age-related Macular Degeneration ranks among the top **4** causes of blindness. It typically affects those above 50 years of age.

<http://www.hpb.gov.sg/HOPportal/health-article/62167originalid=6218>

## The leading causes of blindness are:

- diabetes
- glaucoma
- cataracts
- trachoma
- leprosy
- macular degeneration
- accidents (such as chemical burns / sports injuries)
- onchocerciasis (river blindness)
- vitamin A deficiency



<http://www.hpb.gov.sg/HOPportal/health-article/426>

The number of people visually impaired from infectious diseases had **greatly reduced** in the last 20 years

<http://www.who.int/mediacentre/factsheets/fs282/en/WHO>

## Supplement with a vision support formula like **Isotonix Vision Formula with Lutein** to

- Promote healthy vision
- Support night vision
- Nourish eye tissue and help support healthy eye circulation

People with diets high in foods rich in zeaxanthin - particularly **spinach, kale, and broccoli** — are up to **50%** less likely to develop cataracts

<http://www.webmd.com/eye-health/lutein-zeaxanthin-vision>

**75%** of study participants in one clinical study improved their vision in six months by supplementing lutein

<http://esgweb1.nts.jhu.edu/press/2000/MAY/000522.HTM>