



BOOK AN
APPOINTMENT
WITH YOUR
PHARMACIST



EYE

SEEING IT ALL A LITTLE MORE CLEARLY

How amazing our eyes are! Not only can they process tremendous amounts of information every hour, they can tell the difference between thousands of shades and colours. Unfortunately, as we get older, medical conditions like age-related macular degeneration (AMD) can affect our sight. AMD is one of the leading causes of vision loss in adults over 55.

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 you can do for your eyes. But if that's not realistic within your present circumstances, then enhancing your diet with high-quality eye supplements containing antioxidant vitamins and carotenoids (lutein and zeaxanthin) can also help prevent or slow the progression of AMD. In any event, your best defence in the fight against AMD starts by arming yourself with knowledge. Your pharmacist can certainly get you started on a better understanding of AMD and choosing the supplements that are right for you.

PHARMACY INFORMATION

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.

	ADVANCE OCULAR MULTIVITAMIN	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60 120
Active ingredient Lutein, Zeaxanthin. 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. Directions (adults) 2 caplets daily, best taken with food a few hours before or after taking other medications or natural health products, or as recommended by your health care professional. Notes:			

	LUTEIN 20 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Lutein, Zeaxanthin. 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. Directions (adults) 1 softgel daily with food or as recommended by your health care professional. Notes:			

	EYE CARE FORMULA TABLETS	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Lutein, Zeaxanthin. 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. Directions (adults) 2 tablets daily, best taken with food a few hours before or after taking other medications or natural health products, or as recommended by your health care professional. Notes:			

	EYE FORMULA WITH OMEGA-3	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	75
Active ingredient Lutein, Zeaxanthin, Fish Oil. Properties/Uses Helps maintain/support eyesight in conditions (associated with sunlight damage) such as cataracts and age-related macular degeneration. Helps improve macular pigment optical density. Helps relieve symptoms of dry eye syndrome. May reduce the risk of age-related macular degeneration and cataracts. Directions (adults) 1 softgel, 3 times daily, recommended to take with food a few hours before or after taking other medications or natural health products, or as recommended by a physician. Notes:			