

# Featured Product for May 1st -31st

## Clear vision as you age

Your eyes can be a window of how well you're aging, since the delicate structure of eyes is susceptible to the effects of aging, free radical damage and wear and tear. Over the years, the surface of the cornea (the eye's clear outer covering) fattens, admitting less light into the eye. The thickness of the macula (the part of the retina used for reading and seeing fine details) also becomes thinner over time. Free radicals generated by UV rays, environmental toxins, computer screens, LEDs, blue light, high insulin levels, poor diet and even normal body functions, weaken the tiny capillaries that carry blood, oxygen and nutrients to the eyes. Science has discovered several compounds from plants and specific nutrients that can slow the aging of your eyes, and in some cases reverse the damage, giving you many years of clear sight.



### May is Vision Health Month

*The Canadian Association of Optometrists*

#### Tips for healthy vision:

1. Don't smoke.
2. Control insulin/blood sugar levels.
3. Wear UV protective eye wear.
4. Take a break from computer screens and blue light devices.
5. Eat a high-antioxidant diet.
6. Have your eyes checked regularly.

### Key Nutrients To Protect Your Vision

**Eyebright:** This robust herb grows in cold, snowy climates where snow blindness is a concern for much of the year. Natives found the herb to be protective against eye strain and fatigue. Studies show eyebright protects corneal cells (transparent layer forming the front of the eye) from damage, and decreases inflammation around the cells of the eye.

**Lutein and Zeaxanthin:** These two carotenoids are responsible for the vibrant red and orange colours in some fruits and vegetables and egg yolks. They also are naturally present in the eye retina where they screen out UV rays and preventing damage to cells in the eye by acting as antioxidants. Both increase the retina's macular-pigment density, which protects it from degenerating or tearing.

**Bilberry:** This European version of blueberries, is nicknamed the "night vision herb" because it improves night vision. Studies have shown it to be protective against age-related eye diseases and computer screen and blue light fatigue. Its flavonoid compounds also strengthen retinal capillaries and can prevent or treat early-stage macular degeneration, according to studies.

**N-Acetyl-Cysteine (NAC):** NAC is an amino acid which promotes the production of glutathione, the master antioxidant of the body. As an antioxidant, glutathione protects the eyes and nerves around the eyes from harmful free radical damage.

### Feed your eyes the nutrients they need with Perfect Eyes

The above list represents only a few of the nutrients and compounds nature has provided to keep your sight clear and sharp as you age. Perfect Eyes supplement offers over 15 eye-supporting nutrients in a single supplement containing amino acids, targeted antioxidants, bioflavonoids and several herbs traditionally know to support the eye. Your vision is one of the most precious faculties you have. Add Perfect Eyes to your diet and lifestyle to help keep your vision clear and healthy as you age.



### Perfect Eyes

- Supports eye health.
- Fights free radical damage to the eye.
- Contains ingredients with antioxidant properties and provides nutritional support in alleviating oxidative stress on the eyes.

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12% OFF Full PV  
4 For the Price of 3

Promo#	Description	PV	Mgr.	Assoc. 20%	PC 10%	Retail
P816692	Perfect Eyes (12%)	28.83	25.37	28.99	32.61	36.24
P816694	Perfect Eyes (x4)	86.49	86.49	98.82	111.18	123.54

Not valid with any other promotion. Promo may change without notice.