

EyeVit[®] FORTE Tablets by HealthAid

The eyes are a vital sense organ, responsible for vision. Good eyesight is an important part of wellbeing and a significant factor in retaining the quality of life as we age. Proper nutrition is essential to help keep your eyes healthy and functioning at their best. **EyeVit[®] FORTE** is specially formulated to safeguard the intake of the most beneficial nutrients which are known to contribute to the maintenance of healthy eyes.

What are EyeVit[®] FORTE Tablets for?

- **Vitamin E and C** are powerful antioxidants that could protect the eyes against damage caused by metabolic by-products called free radicals and against the signs of ageing around the eyes.
- **Riboflavin** may help to prevent structural changes within the cornea, according to some research. A deficiency in this vitamin can cause the eyes to become bloodshot, itchy, watery and sensitive to bright light.
- **Zinc** contributes to normal absorption of Vitamin A, which is beneficial for the maintenance of healthy eyesight. It also assists antioxidant enzymes in the body in reducing the number of free radicals which can cause damage to the eyes.
- **Lutein** and **Zeaxanthin** are compounds called xanthophylls, which are yellow pigments that occur naturally in many plants and vegetables. They appear to have important antioxidant functions in the body, and help block blue light from reaching the underlying structures in the retina, thereby reducing the risk of light-induced oxidative damage.

EyeVit[®] FORTE Tablets may be of benefit to:

- Those who wish to ensure proper nourishment to the eyes
- People who have jobs that put an additional strain on the eyes
- Elderly people who wish to protect their eyes against the signs of ageing
- Contact lens users, and those who suffer from dry eye conditions or dark circles
- Those with compromised vision

When should I take EyeVit[®] FORTE Tablets?

EyeVit[®] FORTE tablets can be taken daily for all those who wish to maintain the health of their eyes. It is ideal for contact lens wearers and for those working long hours at a computer screen.

Each EyeVit FORTE Tablets Contains (average):		%NRV	Recommended Daily Intake for eyevit forte tablets: Adults and children over 12 years of age, one tablet daily. Adults can increase up to two tablets daily if required. Do not exceed recommended daily intake
Vitamin E (45 iu)	30mg	250	
Vitamin C	180mg	225	
Riboflavin	4.2mg	300	
Zinc	15mg	150	
Lutein	10mg	*	
Zeaxanthin	5mg	*	
*: EC Nutrient Reference Value Not Yet Established			

INGREDIENTS**FOR EyeVit FORTE:**

Bulking Agent
(microcrystalline
cellulose, di-calcium
phosphate), Vitamin C
(ascorbic acid),
Zeaxanthin and Lutein
(Tagetes ereta), Natural
Vitamin E Succinate,
Glazing Agent [hydroxyl
propyl methyl cellulose
(HPMC)], Zinc Oxide,
Anti-caking Agent (veg.
magnesium stearate,
veg. stearic acid),
Vitamin B2 (riboflavin).

**unless advised
by a suitably
qualified
person.
** Food
Supplements
should not be
used as a
substitute for a
varied and
balanced
diet and healthy
lifestyle.**