

ABO-VISION

the formula for excellent vision

*New formula with lutein, zeaxanthin, black
bilberry, zinc, vitamin E and vitamin C*

Composition of 1 capsule:	*PDP
Lutein	34 mg
Zeaxanthin	6.8 mg
Cranberry extract	50 mg
Vitamin E /D-alpha tocopherol/	36 mg α -TE (300%PDP)
Zinc /Zinc Sulphate/	15mg (150%PDP)
Vitamin C (L-ascorbic acid)	30mg (38%PDP)

* PDP - recommended daily dosage

Recommended intake: 1 capsule daily after a meal for
at least 3 months without interruption.

*To ensure the care of your eyes, take it ABO Vision
at least once a year for 2-3 months per 1 capsule per day.*



To maintain normal vision, our body needs Lutein and Zeaxanthin.

They are the two natural carotenoids contained in the retina and necessary for the optic optic function and the strengthening of the capillaries.

- ◆ They help to absorb the light from the blue area of the visible spectrum - the rays with the most harmful wavelengths that the retina is usually exposed to.
- ◆ They are absorbed about 5 times better than beta-carotene.
- ◆ Lutein builds up on the entire retina, while zeaxanthin - mostly in the macula.

Studies show that higher dietary intake of lutein and zeaxanthin helps reduce the risk of cataracts and age-related macular degeneration.

- ◆ Blackberries occupies the first place among foods for a favorable effect on the eyes. The anthocyanins it contains contribute to the acceleration of the regeneration of the pigment rhodopsin in retinal photoreceptor cells. This helps to adjust the eyes to light and darkness.
- ◆ The activity of vitamin A in it helps to neutralize the action of free radicals. Vitamin A deficiency leads to night blindness as he participates in phototransduction.
- ◆ Cranberry helps to avoid macular degeneration of the retina and helps improve visual acuity.
- ◆ Vitamin E contributes to the protection of cells from oxidative stress. Protects other fat-soluble vitamins from oxidation, helping to absorb vit. A and vitamin C.

Eye damage factors:

- computer work
- dry and dirty air
- radiation
- watching TV
- cigarette smoke
- ultraviolet sunny broadcasting
- driving at night
- use of alcohol

ABOPHARMA