

# Eyewise® Omega 3

High Strength Lutein 20mg plus Omega 3s and Vitamin D3

## Presentation

An oval red/brown soft capsule.

### Each capsule delivers:

Fish Body Oil Concentrate	626mg
providing Omega 3 Fatty Acids	356mg
of which	
Eicosapentaenoic Acid (EPA)	56mg
Docosahexaenoic Acid (DHA)	250mg
Lutein	20mg
Zeaxanthin	1mg
Vitamin D3	5µg

### Encapsulated With:

Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide).

**Disintegration Time:** Less than 30min.



Certified from sustainable fisheries  
www.friendofthesea.org

quantity  
60

type  
capsules

code  
8582



## Uses

This unique high potency, one-a-day formula is a combination of lutein, zeaxanthin and omega-3 fatty acids from pure fish oil, plus natural vitamin D3.

We have included a full 20mg of pure 'free-form' lutein that is ready to be absorbed, as well as zeaxanthin. Lutein and zeaxanthin are carotenoids that are not made in the body, and so they must be obtained from the diet, most notably from green leafy vegetables. In plants, lutein is produced to help protect the cell contents from damage by sunlight. Our bodies can use lutein in the same way as it is deposited in the macula where it filters out the harmful wavelengths in sunlight that can damage the delicate light receptor cells of the macula. Like all carotenoids, lutein is an antioxidant, and it is therefore believed to play a role in protecting the macula tissue from the damage caused by harmful free radicals.

Numerous studies indicate that omega-3 fatty acids, may also be especially important in preserving and maintaining healthy eyes, especially as we age. We have included a full 356mg of omega 3s per capsule, including 250mg of DHA which contributes to the maintenance of normal vision. Moreover, the pure fish oil we use is certified from sustainable fisheries.

It's becoming common knowledge that vitamin D is important for far more than bone health. Indeed, there is now emerging evidence from studies that links vitamin D with eye health. Eyewise® Omega 3 provides natural vitamin D3 at 100% of the Nutrient Reference Value (NRV) for adults.

### Usage and administration

1 capsule daily.

### Allergen advice

Contains fish.

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

