

**VIVO  
MEGA™**

**EYE  
HEALTH**

**DHA  
DEFICIENCY**

can impair vision, especially  
in children

**USE OF DHA  
DAILY**

can reduce eye damage by 68%

**ESSENTIAL  
FATTY ACIDS**

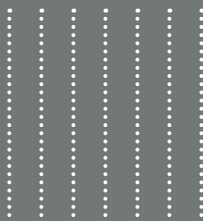
help decrease the risk of high  
eye pressure and glaucoma

**DHA** CONTRIBUTES TO THE  
MAINTENANCE OF  
NORMAL VISION

**IS GOOD FOR**

- Dry Eye (Such as Medilar)
- Impaired Vision
- Asthenopia (Eye Fatigue)
- Student Support Eye Strain
- Age Related General Sight Support
- Retinal Vessel Changes

Recommended daily intake: **250mg**



# EYE HEALTH<sup>^</sup> continued

68  
PERCENT

Studies conducted in patients with early signs of macular degeneration showed the use of DHA daily significantly elevated the red blood cell levels of DHA in patients, who were then 68 percent less likely to experience eye damage.

25  
MILLION

Age-related Macular Degeneration (AMD) is the most frequent cause of severe vision loss and blindness in the elderly. There is a growing level of evidence which suggests long chain omega-3s can protect against the development and progression of AMD. Worldwide, more than 25 million people are affected by age-related macular degeneration and the formation of cataracts. AMD is the leading cause of blindness in people over age 55 in the Western world and the incidence is expected to triple by 2025.

250  
MILLIGRAMS

DHA maternal intake contributes to the normal development of the eye of the foetus and breastfed infants (200 mg DHA plus the daily recommended intake of omega-3 fatty acids (EPA+DHA) for adults which is 250 mg per day).

0<sup>2</sup>  
OXYGEN SUPPLY

Essential fatty acids also may help proper drainage of intraocular fluid from the eye, decreasing the risk of high eye pressure and glaucoma. DHA may protect the blood vessels of the eye by inhibiting the development of blood clots and plaque, thus allowing regular levels of oxygen supply to the retina.



## RETINAL FUNCTION

DHA IS NATURALLY CONCENTRATED IN THE RETINA OF THE EYE (THE LAYER OF TISSUE THAT LINES THE INSIDE OF THE EYE AND RECEIVES THE IMAGE FORMED BY THE LENS) AND IS THOUGHT TO PROMOTE HEALTHY RETINAL FUNCTION.

THE HIGH CONCENTRATION OF DHA IN THE RETINA OPTIMIZES FLUIDITY OF PHOTORECEPTOR MEMBRANES, RETINAL INTEGRITY, AND VISUAL FUNCTION.

IT IS ALSO IMPORTANT FOR BRAIN AND EYE DEVELOPMENT DURING INFANCY

<sup>^</sup>European Food Safety Authority Health Claims

#### References:

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Mills MD. *Am Fam Physician.* (1999) Sep;60(3):907-916.

AREDS 1 & 2

## SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n3
<b>VIVOMEGA ULTRA*</b>			
0370 TG Premium	30	700	820
2050 TG Premium	200	500	750
<b>VIVOMEGA CORE*</b>			
0160 TG Premium	10	600	650

\* NORWEGIAN SUPERIOR QUALITY OMEGA-3 FISH OIL CONCENTRATES  
ALL PRODUCTS ALSO AVAILABLE IN EE FORMAT

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