

**VIVO  
MEGA™**

**EYE  
HEALTH**

**DHA  
DEFICIENCY**

can impair vision, especially  
in children

**USE OF DHA  
DAILY**

can reduce eye damage

**ESSENTIAL  
FATTY ACIDS**

may help decrease the risk of  
high eye pressure and glaucoma

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

**MAY BE GOOD FOR**

- Dry Eye Symptoms
- Impaired Vision
- Student Support Eye Strain
- Age Related General Sight Support
- Retinal Vessel Changes
- Computer Vision Syndrome Related Dry Eye
- Lens Wear Comfort

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

Globally, age-related Macular Degeneration (AMD) ranks third as a cause of blindness after cataract and glaucoma. 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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## SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n3
<b>VIVOMEGA ULTRA*</b>			
0070 TG Premium	-	700	750
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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