



system

Optimal Eyes Omega-3

*lactose- &
gluten-free*

Nutrients that contribute to the maintenance of a good vision

Helps improve tear film composition

Watching TV, read on a computer screen or on a smartphone with inappropriate lighting is tiresome for the eyes. In addition, dry air, pollution and cigarette smoke affect tear production, which causes eye irritations and impairs visual acuity.

Doppelherz® system Optimal Eyes Omega-3 contains a combination of nutrients that are important for the metabolism and the natural defenses of visual cells: **Vitamins A and B₂** contribute to the maintenance of a normal vision, antioxidants (**Vitamins E and C, Zinc, Copper and Selenium**) as well as **Lutein, Zeaxanthin** and the **Omega-3 fatty acids DHA and EPA** jointly protect photoreceptor cells against free radicals. These are generated at the level of the retina under the action of sunlight. Blue light in particular is able to induce the production of free radicals.

In addition to their anti radical action, the carotenoids **Lutein and Zeaxanthin** play a role as molecular filters to absorb energy from the blue light and reduce its ability to generate free radicals. **Vitamin A** is essential to maintain vision since it is directly involved in the function of the photosensitive pigments (visual purple) that enable crepuscular vision. The **Omega-3 fatty acids DHA and EPA** help to improve qualitative composition of the tear fluid which is essential to keep the cornea humid, to protect and to nourish it.

One capsule contains:

580 mg Fish oil (thereof 190 mg EPA and 130 mg DHA), 15 mg Lutein, 1 mg Zeaxanthin, 400 µg Vitamin A, 120 mg Vitamin C, 12 mg Vitamin E, 1.4 mg Vitamin B₂, 10 mg Zinc, 500 µg Copper, 55 µg Selenium.

Recommendations:

Take 1 capsule daily at meal with enough liquid. Do not chew.
Do not exceed the stated recommended daily dosage!
Food supplements should not be used as a substitute for a varied diet.
The product should be stored out of the reach of children.

Not suitable for children under the age of 10 years.

Do not store above 25 °C.

Energetic value:

1 capsule corresponds to 8 kcal/32 kJ.




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