

Vision Changes with Age

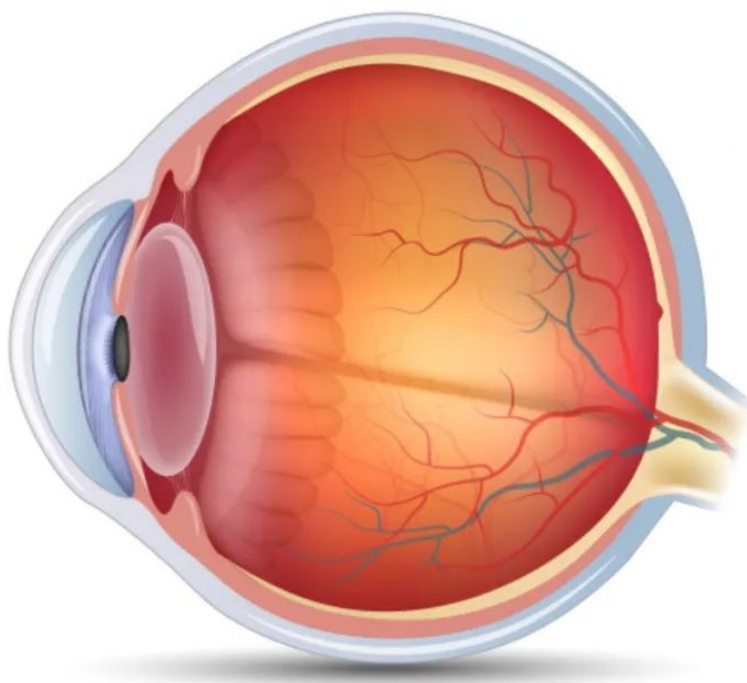
Macular Degeneration Insights

Cataract Formation Science

Blue Light Impact

The Aging Eye

- **Protecting Vision**
- **Preserving Clarity**
- **Enhancing Ocular Longevity**



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- ▶ **Nutritional Eye Protection**
 - ▶ **Eye Circulation Support**
 - ▶ **Preventive Eye Care**

Are You Seeing Your Future Clearly?

Editor's Note

Vision is vital, yet our eyes age due to oxidative stress, nutrient gaps, and environmental exposure. Science now lets us understand cellular eye aging and apply strategies to preserve clarity, prevent degeneration, and support ocular longevity.



Age-Related Challenges

- Presbyopia: declining near vision
- Cataracts: lens clouding
- AMD: central vision loss
- Glaucoma: optic nerve damage
- Dry eyes: reduced tear production



Cellular Insights

- Oxidative stress harming retinal cells
- Metabolic waste accumulation
- Decline in antioxidants (lutein, zeaxanthin, vitamins C & E)
- Reduced vascular support to retina and optic nerve



Nutrients That Protect Your Eyes

- ✓ **Lutein & Zeaxanthin:** Filter blue light, protect macula
- ✓ **Vitamin C & E:** Antioxidant defense
- ✓ **Omega-3s:** Support tear film & retinal health
- ✓ **Zinc & Selenium:** Enzymatic and retinal function
- ✓ **Polyphenols (bilberry, green tea):** Retinal microvasculature protection



Lifestyle for Vision Longevity

- ✓ Regular eye exams & early detection
- ✓ Limit screen time & blue light exposure
- ✓ Sunglasses to protect from UV
- ✓ Cardiovascular and metabolic wellness
- ✓ Eye exercises & relaxation techniques



SwissLife Forever Science Spotlight

- Evidence-based ocular formulations
- Personalized nutrition, lifestyle, and supplementation
- Monitoring of visual biomarkers & risk factors
- Preventive strategies for lifelong clarity



Final Thought

Sight is central to independence and quality of life. By combining nutrition, lifestyle, and proactive monitoring, you can preserve vision, clarity, and ocular health for years to come.

Precision, protection, and vision for life.