



Scan to learn more about product information and computer vision syndrome.



EYE SCIENCE®

*Help reduce eye strain and eye fatigue*

# COMPUTER EYE STRAIN FORMULA™

Advanced Ocular Vitamin



EYE SCIENCE®

EyeScience products can be found in your eye care professional's office or online at [www.eyescience.com](http://www.eyescience.com) and CVS.com



**Vitamins for the relief of eye strain and eye fatigue.**

EYESCIENCE PRESENTS:

An Advanced  
Ocular Vitamin  
formulation to  
help **reduce**  
**eye strain and**  
**eye fatigue**  
from the  
inside out.

You're on a deadline and you have been working on your computer for hours. Before you can finish your project, your eyes feel strained and start to ache. Eye strain is becoming the fastest growing complaint for those of us who love our new technologies. You can do almost anything on a computer or tablet PC these days – correspond with friends, read a book, write a book, play games ... and of course, work. Unfortunately, the more time we spend close up and personal with our devices, the more we subject ourselves to the potential for eye strain and eye fatigue.



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Computer Vision Syndrome (CVS) is a common condition that affects more than 70 percent of computer users. While CVS does not result in permanent eye damage, it can cause the following symptoms:

- Eye fatigue
- Squinting
- Headaches
- Dry, itchy, watery or burning eyes
- Blurry or double vision
- Distorted color perception
- Sensitivity to glare

The National Institutes of Health reports that the medical community is debating whether Computer Vision Syndrome is a serious problem.<sup>1</sup> Some of the

professionals note that eye strain resulting from constant computer use is easily solved ... all you have to do is step away from your computer and/or blink.

Well, with all of the uses for the computer and the tablet, that's easier said than done! Eye strain has the potential to be a widespread problem in the contemporary workplace, as our use of computers and tablets is not likely to decrease anytime soon.

# REDUCE YOUR RISK

## with EyeScience® Computer Eye Strain Formula

One of the components of eye strain from heavy computer usage is dry eye. Oftentimes people who experience dry eye may regularly resort to frequent use of artificial tears or other eye drops. What most people don't know is that frequent usage of eye drops can actually worsen symptoms of dry eyes.<sup>2</sup>

Perhaps it's time you take another approach to relieving your eye strain.

Ocular researchers have identified that eye strain is a health issue of growing concern corresponding to the greater usage of technology in our everyday lives. Subsequently there has been an increased focus on research for ways to relieve eye strain and eye fatigue. Beyond eye drops, research has found that vitamin supplementation of astaxanthin appears to reduce symptoms of eye fatigue.<sup>3</sup>

Astaxanthin is a powerful antioxidant found naturally in marine organisms. A literature review of the clinical studies on astaxanthin found that researchers are investigating its beneficial properties in treating cancer, cardiovascular disease and diabetes. The review identified several ocular studies that indicated protective benefits of an astaxanthin

supplement to the eyes include sharper vision, increased blood flow and reduction in inflammation.<sup>4</sup>

You don't need a diagnosis of Computer Vision Syndrome to have real issues with eye strain and eye fatigue. If your eye strain bothers you, you could simply stop working on computers. Or ... you could take a vitamin supplement that has been proven to be effective in reducing symptoms of eye strain.

You have a choice when deciding which eye vitamin to take. There are other eye vitamins on the market today, but it is important to look at the ingredients. The EyeScience® Computer Eye Strain Formula was specifically designed to help reduce symptoms of CVS. Our clinically proven ingredients include the eye-healthy nutrients AstaREAL® astaxanthin, FloraGLO® lutein and zeaxanthin. Together these powerful carotenoid antioxidants help increase blood flow, improve accommodation and reduce inflammation for a noticeable difference while using the computer. All EyeScience products are reviewed and approved by the EyeScience Scientific Team, which includes a broad base of nationally and internationally recognized scientists and medical professionals.

By starting an eye vitamin regimen with EyeScience® Computer Eye Strain Formula, you can be sure that you're giving yourself the best chance of maintaining your eye health for better vision long into the future.

# FAQ

## FREQUENTLY ASKED QUESTIONS

### DO I REALLY NEED TO TAKE A VITAMIN TO HELP MY EYE STRAIN?

Well, that's entirely up to you. You could also reduce your eye strain by not working on a computer or by taking frequent breaks. If these behavior changes do not seem to be providing relief, it may be time to consider the potential benefits of taking a vitamin formula specifically designed for your eye health.

### WHAT ARE SOME OTHER BEHAVIORAL CHANGES I CAN MAKE TO REDUCE EYE STRAIN AND EYE FATIGUE?

- Consider glasses specifically for computer use
- Use proper lighting
- Reposition your computer monitor
- Use artificial tears
- Take frequent breaks
- Adjust brightness and contrast on screen
- Reduce glare
- Change font size
- Increase monitor refresh rate



**COMPUTER  
EYE STRAIN  
FORMULA™**

### ISN'T MY MULTIVITAMIN SUPPLEMENT GOOD ENOUGH?

The EyeScience® Computer Eye Strain Formula specifically contains the nutritional supplements that were found in the research to be effective in relieving eye strain. Although multivitamin supplements vary, it is not likely that your multivitamin contains these specific nutrients in the quantities needed to provide the protective benefits.

### HOW LONG DO I HAVE TO TAKE THE VITAMIN TO FEEL RELIEF?

The research studies analyzed participants who had been taking the supplement daily for 28 days. It is possible that you will notice benefits prior to that. Talk with your physician about dosage recommendations.

### ENDNOTES

- 1 National Institutes of Health. Computer vision syndrome: Fact or fiction? [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_109452.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_109452.html) (March 2011)
- 2 Perry HD. Dry Eye Disease: Pathophysiology, classification and diagnosis. *Am J Manag Care.* 2008;14:S79-S87
- 3 Nagaki Y, Mihara Y, Tsukahara H, et al. The supplementation effect of astaxanthin on accommodation and asthenopia. *J Clin Therap Med.* 2006; 22(1):41-54.
- 4 Yuan J, Peng J, Yin K, Wang J. Potential health-promoting effects of astaxanthin: A high-value carotenoid mostly from microalgae. *Mol. Nutr. Food Res.* 2011; 55, 150-165

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.