

Q3 2023

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Is your eye health missing a critical piece?
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3 Ways to Better Manage Your Eye Health if You Have AMD

Start by using one vitamin with multiple health benefits.

By **Essaiz Lomb** (Paul Content)
Published July 19, 2023




PHOTO CREDIT: GETTY IMAGES

Thoughtful aging requires being proactive while managing existing medical conditions. But it may feel overwhelming to maintain a healthy lifestyle that includes juggling doctor visits, consistent exercise, and nutritious eating.

What's the secret to simplifying personal healthcare? Look for products and activities that can positively impact multiple issues at once. You'll have the ease of creating (and sticking to) healthy habits while at the same time treating conditions you already have.

If you suffer from age-related macular degeneration (AMD), managing your eye health while building healthy habits is even more critical.

Good news - research shows you may be able to lower your risk of vision loss from AMD by not smoking, getting regular physical activity, maintaining healthy blood pressure and cholesterol levels, and adding leafy greens and fish to your diet¹.




PHOTO CREDIT: GETTY IMAGES

For those living with AMD, here are three more ways you could improve your eye health.

1. Make regular doctor appointments

A crucial part of preventative healthcare is seeing your primary care doctor for an annual checkup. This allows you to track any changes in your health you've noticed over the past year. Plus, you can discuss specific strategies to help you create consistent, healthy habits.

In addition, you'll need to see your eye doctor yearly for regular dilated eye exams. AMD can be diagnosed only by your eye doctor, and they can lead your treatment plan to manage the progression of your AMD.

2. Take a holistic health approach

Your eye health doesn't exist in a silo. The way you treat your body overall has an impact on both general and eye health. For example, for general health and well-being, doctors advise not smoking, avoiding a high-fat diet, and prioritizing regular exercise - even if it's as simple as taking a walk.

All of these recommendations are tied to beneficial health outcomes, like reduced risk of cardiovascular disease and increased longevity. They help keep your weight, cholesterol, and blood pressure at healthy levels, too. Similarly, eye health has been shown to benefit from healthy eating and quitting smoking as well.

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3. Take a supplement that has convenient 2-in-1 benefits*

If you're working hard to manage your eye health, adding other medical condition maintenance to the mix can be a lot. One convenient solution is taking a multipurpose supplement. For example, the AREDS 2 formula + Multivitamin has the vitamins you need to maintain your eye health (like vitamins C and E, zinc, and copper), plus the essential nutrients that support your overall health (such as vitamins B6 and B12, and biotin).

If heart health is among your concerns, you might benefit from a brand-new, same clinically proven AREDS 2 formula that now includes CoQ10. A multipurpose supplement that combines several vitamins and minerals does double-duty to help support both eye and heart health. Look for products like PresentVision AREDS 2 with CoQ10. It contains the same clinically proven formula the National Eye Institute recommends to help reduce the risk of moderate to advanced AMD progression. And now it includes 100mg of the high-quality CoQ10 antioxidant that helps support healthy heart function.

Health habits made simpler

Staying vigilant about your health may seem challenging, but it's essential to your overall quality of life and managing your AMD. By prioritizing regular medical checkups, a holistic approach to health, and clinically tested two-in-one supplements, you can manage health conditions - without adding more to your to-do list.

[Click Here For A \\$5.00 Coupon To Try PresentVision AREDS 2 With CoQ10 For Both Eye And Heart Health!](#)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4046000/> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4046000/>




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