

# The Pharmacy

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## THE EYES HAVE IT



*We're celebrating Healthy Vision Month! With screens all around us, it's common to experience eye strain after spending hours on our computers, tablets, phones, and TVs. But don't worry! We have expert tips to help you deal with it and keep your eyes feeling great.*

### DEALING WITH DIGITAL EYE STRAIN (DES)

- **Take Regular Breaks:** Incorporate short breaks into your screen time routine to stretch, hydrate, or simply give your eyes a rest by closing them for a moment.
- **Follow the 20-20-20 Rule:** Every 20 minutes, take a 20-second break and look at something 20 feet away. This simple habit can alleviate eye strain by giving your eyes a chance to relax and refocus.
- **Blink Often:** Sounds simple, right? But did you know that we tend to blink less when staring at screens? Remind yourself to blink frequently to keep your eyes moist and prevent dryness.
- **Position Your Screen Ergonomically:** Maintain a comfortable viewing distance from your screen, typically about an arm's length away. Position the screen slightly below eye level to reduce strain on your neck and shoulders.



### THE SPOTLIGHT'S ON: BLUE LIGHT



High-energy blue light, found in digital screens and LED lights, penetrates deep into the retina, potentially causing damage to retinal cells and increasing the risk of eye strain, cataracts, and macular degeneration with prolonged exposure.

**PROTECT YOUR VISION TODAY FOR A BRIGHT TOMORROW**



**YOUR ESSENTIAL BLUE-LIGHT DEFENSE**

Feeling the strain after long hours on big projects or endless scrolling through social media? Need relief but sick of swallowing capsules and tablets? Meet Nature ForEyes!

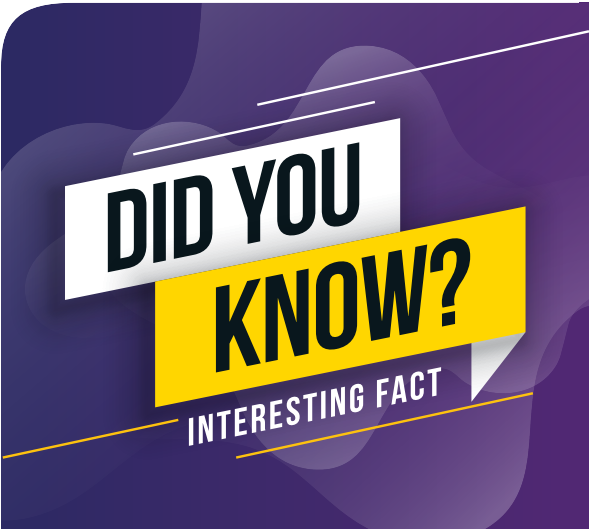
Shake, twist and drink away digital eye strain with this tasty and convenient drinkable source of retina-protecting antioxidants Lutein, Vitamin E and Bilberry.



**ALL THE EYE-ESSENTIALS AND SO MUCH MORE**

Is your vision not what it used to be? Are you at risk for macular degeneration or cataracts? Look no further than OcuVisi Advanced!

Safeguard your vision today and prevent serious eye diseases tomorrow with this unique multivitamin-plus-antioxidant formula for all-around eye health. Including Lutein, Zeaxanthin, Vitamins C and E and many more.



**YOUR RETINA IS PART NEURAL TISSUE AND, LIKE YOUR BRAIN, CANNOT REGENERATE.**

This means that any damage to the retina is permanent and can result in irreversible vision loss. Since the retina plays a vital role in converting light into electrical signals for the brain to interpret, preserving its health is essential for maintaining clear and functional vision.

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