

# ACTASE® LUTEIN ZA

A Scientifically formulated eye health food supplement with Zinc to help maintain healthy vision



Contains Lutein, Zeaxanthin and Astaxanthin



Added vitamins and minerals including Vitamins C, D and E

## Antioxidants



### LUTEIN:

A yellow-orange carotenoid that occurs naturally

in green plants and a high concentration is present in the macula at the back of the human retina.



### ZEAXANTHIN:

A yellow carotenoid that is found in yellow corn and in

the leaves of many plants and a high concentration is present in the macula at the back of the human retina.



### ASTAXANTHIN:

A carotenoid that is not naturally produced by the

human body and our intake is dependent on a healthy balanced diet that includes regular consumption of particular fish products including salmon and shrimp.

☐ I recommend you take ACTASE® Lutein ZA - one softgel a day.  
Available from opticians and pharmacies.



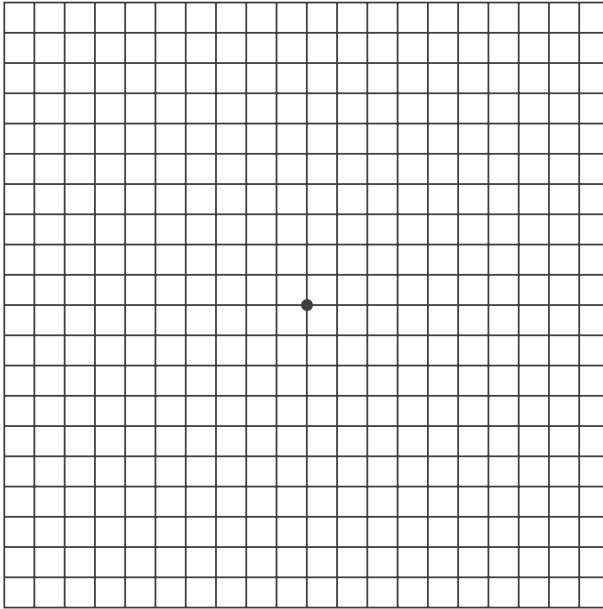
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# AMSLER GRID



- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately **14 to 16 inches** from your eyes.
- **Test each eye separately:** Cup your hand over one eye while testing the other eye.
- Keep your eye focused on **the dot in the center** of the grid and answer these questions:
  1. Do any of the lines in the grid appear **wavy, blurred or distorted**?
  2. Do all the boxes in the grid look square and the same size?
  3. Are there any “holes” (missing areas) or **dark areas** in the grid?
  4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
- Switch to the other eye and repeat.

**Notes:**

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**IMPORTANT** – Report any irregularities immediately