

DUOLIFE Eye Health pack



DUOLIFE Eye Health pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

We learn about the world around us through our senses: touch, taste, smell, hearing and sight. Losing just one of them would mean being cut off from the abundance of information. The most important of the senses for people is sight. Eyes receives almost 90% of incoming information. They are, therefore, an extremely important sensory organ. Currently the organ of sight is exposed to rapid changes resulting, among other things, from fast technological progress, hours spent on working at a computer, following a TV screen or mobile phone screen, working in rooms with poor lighting and increasing amounts of pollution from the external environment. The result can be problems with proper vision process and a feeling of discomfort, inadequate lubrication of the eye, fatigue and dark circles under one's eyes.

The Eye Health functional pack contains*:

- 1 x DUOLIFE Vita C;
- 1 x DUOLIFE Collagen;
- 1 x DUOLIFE Day and Night set;
- 1 x DUOLIFE RegenOil Liquid Gold®;

1 x ProOptical®.

Recommended use of the food supplements from the Eye Health Pack:**

In the morning:

DUOLIFE Vita C – 25 ml before breakfast;

DUOLIFE Day – 25 ml with breakfast;

DUOLIFE RegenOil Liquid Gold® – 5 ml with breakfast – can be added to lunch or salad.

Lunch time:

ProOptical® – 1 capsule before breakfast.

In the evening:

DUOLIFE Collagen – 25 ml before supper;

DUOLIFE Night – 25 ml with meal.

Want to learn more?

Humans are able to see thanks to one of the main sensory organs, which receives approximately 90% of all incoming information – sense of sight. Eyes are, therefore, crucial for the correct perception of most stimuli. Supporting the organ of vision by providing adequate nutrients along with the daily diet is therefore extremely important.

Eye fatigue, impaired retinal microcirculation and reduced visual acuity are possible effects of working long hours in front of computer screen, watching television or staring at mobile phone screen. Only very young and healthy people can withstand such overload without problems. However, as we age, the eye's defence mechanisms and its ability to cope with adverse factors gradually deteriorate, leading to various problems with vision. Deteriorating vision may also be the result of nutritional deficiencies.

Lutein and zeaxanthin are natural carotenoids found in the macula of the retina in humans. The concentration of lutein and zeaxanthin in the macula decreases with age. The result is a greater susceptibility of the macular photoreceptors (cones and rods) to the harmful effects of blue UV light. Both lutein and zeaxanthin must be supplied with a plant-based diet, as humans cannot synthesise them.

**When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack.*

*** Recommended duration of supplementation: 3 months.*