



Discover
your true
Vision

Importance of Good Eyesight

- Your eyesight is one of your most important senses:
- 80% of **what we perceive comes through our sense of sight.**
- By protecting your eyes, you will reduce the odds of blindness
- Vision loss while also staying on top of any developing eye diseases such as cataracts and glaucoma



Causes of Poor Eyesight

- Too Much Screen Time.
- Working for long hours on the computer or reading on your smartphone can lead to dry eye, blurry vision, and other health concerns
- Low Water Intake
- Poor Diet
- Lack of Sleep
- Rubbing Eyes Too Often
- Skipping Out On Eye Exams
- Smoking
- Not Protecting Eyes from Sunlight



HEALTHY FOOD FOR EYES

Nutrients For Eye Health	Benefits
Lutein	Protects eyes from sunlight damage
Zeaxanthin	Improves contrast sensitivity, light sensitivity, and glare recovery
Vitamin A	Important for colour vision and low-light vision
Vitamin C	Has antioxidant properties, boosts collagen production to support eye structure
Vitamin E	Reduces risk of cataract and macular degeneration
Zinc	Protects against cataract, poor night vision and night blindness, and optic nerve damage
Fatty Acids	Protects from dry eyes, lowers the risk of glaucoma



Proveda Introduced Best food for
Eyesight



Proveda introduced.....



Want to Protect Your Eyes against Allergies, Dryness, Inflammation, and Vision-loss?

Proveda Pro vision

- Eating a healthy, well-balanced diet is just the first step to overall Eye health,
- Introducing **Pro Vision**, A healthy food for eyes to maintain good vision and delay age-related eye diseases like macular degeneration, dry eyes, problems with night vision, etc.



Proveda Pro Vision Ingredients

COMPOSITION: SERVING PER CAPSULE

INGREDIENTS	QTY.	%RDA
Omega-3 Fatty Acids	200 mg	↑
Bilberry Fruit Extract	100 mg	↑
Piper Nigrum	50 mg	↑
Coriander Seed Extract	50 mg	↑
Fennel Seed Extract	50 mg	↑
Grape Seed Extract	30 mg	↑
Ginkgo Biloba Extract	20 mg	↑

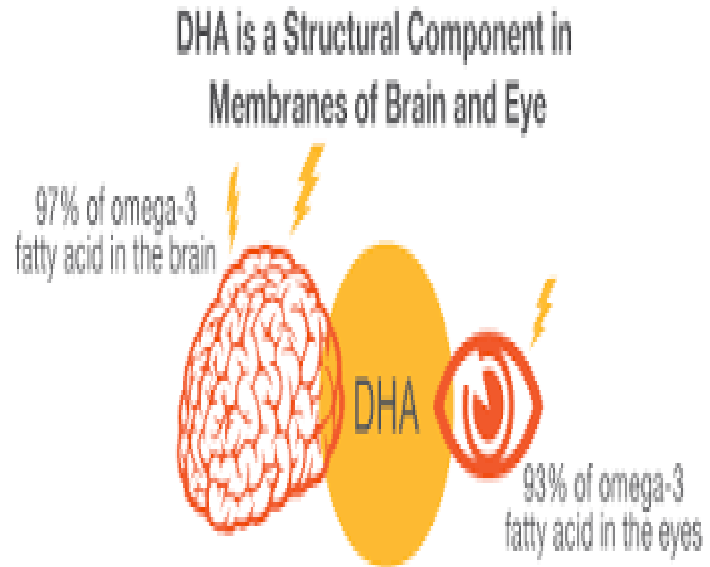
INGREDIENTS	QTY.	%RDA
Lutein	20 mg	↑
Zeaxanthin	4 mg	↑
Vitamin E	5 mg	50.0%
Vitamin A (Retinol)	230 mcg	50.0%
Vitamin B 12	1 mcg	50.0%
Zinc Sulphate	7 mg	50.0%
Probiotics 5 million (Lactobacillus Acidophilus, Lactobacillus Rhamnosus, Bifidobacterium Longum, Saccharomyces Bouardi)		Q.S.

Other Ingredients: Diluent, Binding agent (maize starch), Anti-caking agent (INS551), Magnesium Stearate

Best Nutrition for Your Eye Health : Pro Vision

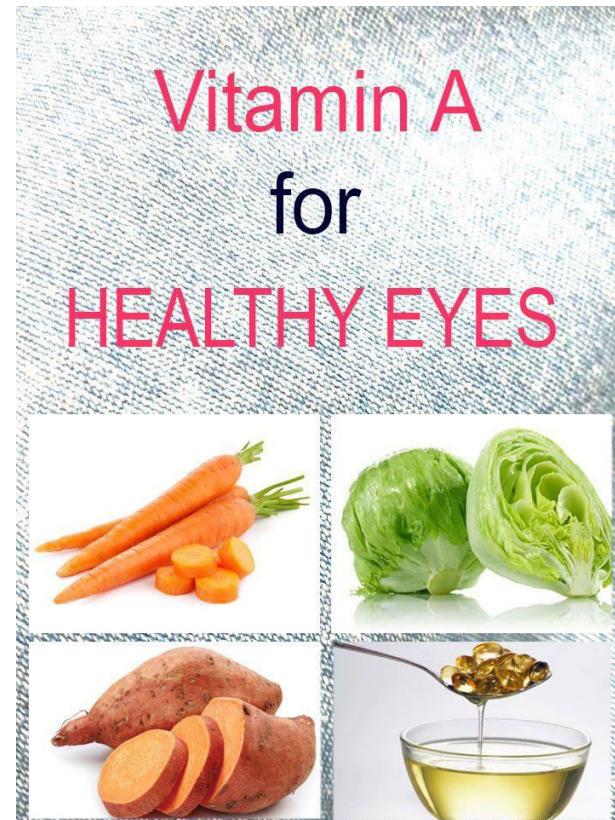
Pro-vision : Fatty acids

- **Fatty acids (Omega 3)**
- Essential fatty acids are the building blocks of the body,
- Assisting the proper functioning of all organs, muscles, nerves, and cells. In adults,
- Dietary fatty acids protect the eyes from dry eyes, lower the risk of glaucoma and age-related macular degeneration.



Pro Vision : Vitamin A

- Vitamin A is an essential nutrient for eye development.
- This antioxidant makes for healthy food for eyes and helps [maintain good eyesight](#) by protecting the cornea,
- The outer surface of the eye, and by boosting functions of the retina,
- the light-sensitive lining of the eye that converts light to nerve impulses for the brain.



Pro Vision : Lutein

- This nutrient is one of the two major carotenoids that occur as a colour pigment in the macula and retina of the eye.
- Carotenoids are related to beta-carotene and vitamin A, and lutein protects the tissues of the eyes from sunlight damage by acting as a light filter.
- Lutein-rich [foods for eyes](#) also prevents age-related macular degeneration or vision loss in older adults.



Pro vision : Zeaxanthin

- This is the other major carotenoid that protects against age-related eye health issues.
- Zeaxanthin also improves visual performance as you age by improving contrast sensitivity, light sensitivity, and glare recovery.
- This nutrient acts as internal sunglasses by protecting your eyes from **blue light / Rays**, which is found in sunlight, light from digital devices like TVs and mobile phones, and certain types of indoor lighting.



Pro Vision : Vitamin E

- Another potent antioxidant, vitamin E protects cells from the damage caused by free radicals.
- This nutrient helps reduce the risk of developing cataract and macular degeneration,
- which are the most common age-related conditions affecting vision.

Vitamin-E Rich Foods



Pro Vision : Vitamin B 12

- **Vitamin B12 can help maintain and promote healthy eyesight.**
- Many of us suffer from macular degeneration (loss of eyesight).
- In a study on 5 000 women over the age of 40, sufficient vitamin B12 intake was linked to 34-41% lowered risk of macular degeneration.



Pro Vision : Bilberry Extract

- Is bilberry extract good for your eyes?
- A group of eye disorders that can lead to vision loss (glaucoma). Early research shows that taking 60 mg of a bilberry chemical, called anthocyanin, twice daily for at least 12 **months improves vision in people with** glaucoma. Vision problems in people with high blood pressure (hypertensive retinopathy).



Pro Vision : Piper nigrum

- The anti-inflammatory quality present in black pepper helps in reducing swellings in the eyes
- It also has **antibacterial and immune-boosting properties** that help in having healthier eyes as well as stronger eyesight.



Pro Vision : Coriander seed extract

- It has a **cooling and soothing effect** and hence relieves strain in eyes.
- Coriander is beneficial for your eyes in alleviating conjunctivitis and preventing macular degeneration



Pro Vision : Zinc

- This essential trace mineral is known as the 'helper molecule'.
- Zinc is found in high concentration in the retina
- The vascular tissue layer underneath, known as the choroid. Zinc plays a crucial role in transporting vitamin A from the liver to the retina, so the protective pigment melanin can be produced.



Benefits of Pro Vision

- **Improves Retinal Function** – Lutein ingredient is shown to increase the density of carotenoids in your retina and help in visual development.
- **Protects the Eye's Surface** – Zinc is proven to protect the eyes against cell damage. And when combined with copper, the results are amplified.
- **Reduces Inflammation** – Vitamin B 12 reduces your risk of getting cataracts and inflammation, and helps you protect your eye-sight.
- **No More Dryness** – get rid of severe dryness and dry eye syndrome from long screen usage. Vision Optimum will help your eyes stay lubricated throughout the day.
- **Filters Blue Light / Rays** – blue light from screens has catastrophic effects on our eyes. Premium ingredients found in Vision Optimum help absorb high-energy blue and ultraviolet light.
- **Decreases Vascular Problems** – regular usage of Vision Optimum will empower you to decrease vascular problems and protect your eyes for longer.
- **Boosts Vision** – by protecting your eyes against dryness, inflammation, and surface damage, Vision Optimum significantly improves your vision.
- **Enhances Night Vision** – no more blurred or distorted vision at night. Enjoy enhanced night vision with the powerful ingredients found in this supplement.

Pro Vision : Dosage & Precaution

A Herbo Food Ceuticals advance formulation with combination of potent herbal extracts, antioxidants, vitamins & minerals to improve and preserve functional health of eyes.

Dosages: 1-2 capsules per day, after meal or as directed by health practitioner.

NOT FOR MEDICINAL USE. DO NOT EXCEED THE SUGGESTED USAGES.

This product is not intended to diagnose, treat or cure any diseases. Not to be used as a substitute for a varied diet.

Storage : Store in a cool & dry place.

Precautions: Pregnant or lactating women or children or anyone with any medical condition should consult a physician before using this product. Keep out of reach of children.



A close-up, black and white photograph of a person's eye. The eye is looking slightly to the left. The iris is replaced by a vibrant, rainbow-colored contact lens. The lens shows a spectrum of colors: purple at the top, followed by blue, green, yellow, and red at the bottom. The eyelashes are long and dark, and the skin around the eye is light.

Some eye exercises for healthy eyes

TIPS

What are some eye exercises for healthy eyes?

- Performing eye exercises can strengthen eye muscles and improve muscle tone and blood circulation. This can help sharpen vision and minimize eye strain. Apart from eating healthy food for the eyes, try these eye exercises:
Pick a point on the wall or floor about 10 feet away from you. Focus and roll your eyes to trace an imaginary figure eight. Continue for 30 seconds before switching directions.
- Hold your thumb or finger up, 10 inches away from your face. Focus on it for 15 seconds, then focus on an object 10-20 feet away for 15 seconds. Return focus to your thumb or finger, and repeat the exercise five times.
- Hold your index finger a few inches from your face and focus on it. Holding your focus, slowly move your finger away from your face. Look away for a moment, focus back on your finger, and bring the finger back towards your face. Focus at a point or object in the distance for a moment, and repeat the steps three times.