

[illegible]

*Weight Daily Value based on a diet of 2,000 calories a day.
*Daily Value: 100% not recommended.



- ✓ **Healthy Vision**
Make a healthy vision checkup part of your health check-up. Ask your doctor if you need eye glasses or contact lenses.
- ✓ **Nutrients to support glare reduction**
Lutein, zeaxanthin, and omega-3 fatty acids help protect the eyes from glare and support healthy vision.
- ✓ **Supports vision acuity**
Vitamin A, vitamin E, and zinc help support healthy vision.

¹These estimates have not been published by the Social Policy Administration Unit, and are estimated by the authors using a simulation approach.

