

Vision & Eye Health Protocol

Improve vision and eye health and support healthy aging of eyes with isopathics, antioxidants, and sodium chloride 0.9% solution. This combination works to increase circulation and nutrition to the eye tissue, protect lens clarity, increase eye lubrication, improve vision, and provide relief for dry irritated and tired strained eyes.

Remedy	Phase/Dose	Monday to Sunday
Pleo Muc Eye Drops	1 drop	two times a day in the affected eye(s)
Astaxanthin	1 capsule	once per day



Pleo Muc Eye Drops

Recommended dosage (adult): 1 drop twice daily in the affected eye(s). Apply drop to the outer corner of the eye, allowing it to wash over the whole eye surface. To avoid contamination, do not touch container tip to any surface. Preservative free. Safe to use with contact lenses. Safe to use long term.

Pleo Muc Eye Drops is an ophthalmic demulcent (lubricant) for relief of dry irritated eyes, and to improve the metabolism and nutrition of the eye tissue. It also works to alleviate irritated eyes from allergy symptoms including burning, stinging, itching, and discomfort.

Tear production is essential for healthy eyes, while the reduced ability to clear tear film across the eye (ocular surface) can lead to irritation, inflammation, and dry eye disease.^{1,2} Sodium chloride 0.9% (saline) is used to cleanse the eyes, flush out foreign particles, and relieve irritation due to pollen, air pollutants (smog), and chlorine from chlorinated water.^{3,4} The isopathic ingredient, *Mucor racemosus fresen*, is used to regulate the metabolism of the eyeball by improving blood flow (vascularisation) and enhancing nutrition to the eyeball.⁵

Clinical research using Pleo Muc Eye Drops (Mucokohl) has demonstrated good therapeutic results in cases of tired strained eyes, dry eye syndrome, visual acuity and peripheral vision, and in eye diseases such as conjunctivitis and cataracts.^{5,6,7}

Key Features: Enhanced eye health, reduce irritation from contact lenses, dry irritated and/or tired strained eyes, dry eye syndrome, improved visual acuity and peripheral vision, eye allergy symptoms, conjunctivitis, cataracts. Preservative-free ophthalmic lubricant.



Astaxanthin

Recommended dosage (adult): 1 capsule once per day. Consult a healthcare professional for use beyond one month.

Astaxanthin is a naturally occurring carotenoid (from the microalgae *Haematococcus pluvialis*), providing superior antioxidant benefits to sharpen vision and reduce eye strain and/or fatigue. It works to support overall eye health by decrease inflammation, increase capillary blood flow, neutralize free radicals, and reduce oxidative stress.

Astaxanthin helps relieve Digital Eye Strain & Computer Vision Syndrome. It promotes healthy eye aging with increased nourishing blood flow to the retina and antioxidant protection to protect lens clarity.

Astaxanthin Eye Health Benefits:

- Sharpen vision and refocus tired eyes^{8,9,11,13}
- Reduce and prevent eye strain and eye fatigue^{8,10,12}
- Increase ocular blood flow to the retina and eye^{14,15}
- Decrease visual stress and tension of the ciliary eye muscles^{9,9,11}
- Improve accommodation, responsiveness, focal range, and depth perception^{9,10,13}
- Relieve Digital Eye Strain & Computer Vision Syndrome (fatigued, blurry, itchy, strained, tired eyes)^{9,11}

Key Features: Enhanced vision and eye health, antioxidant, healthy aging eyes, eye strain and fatigue, digital eye strain, computer vision syndrome.


Medicinal Ingredients:

- Mucor racemosus
- sodium chloride

Caution/Warnings: Consult a healthcare practitioner if symptoms persist or worsen. As a precaution, this preparation should not be administered with known cases of hypersensitivity to *Mucor racemosus*. If you experience eye pain, changes in vision, continued redness or irritation to the eye, consult a healthcare practitioner. If solution changes occur, or becomes cloudy, do not use. To avoid contamination, do not touch tip of container to any surface.

NPN 80068485 • 90 capsules 10 x 0.5 ml single use vials


Medicinal ingredients:

AstaReal® Astaxanthin (*Haematococcus pluvialis*)6 mg

Non-medicinal ingredients: Gelatin, glycerin, purified water, olive oil.

Caution/Warnings: Consult a healthcare practitioner prior to use if you are taking medications for diabetes, high blood pressure, or seizures. Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding. May cause nausea, dry mouth and fatigue. Consult a healthcare practitioner if gastrointestinal discomfort occurs.

NPN 80054801 • 60 softgels


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