



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

VISION SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
20/20 Tincture				
Astaxanthin + Pro Reds				
Omega 3D				
Pro Purples				
Krill Oil				
Frontier Multi				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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TIPS FOR HEALTHY VISION

Living an overall healthy life is good for your eyes, here are some steps to follow:

Maintaining a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma.

Eating healthy foods. Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens, is important for keeping your eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Not smoking. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts, and optic nerve damage, all of which can lead to blindness.

Managing chronic conditions. Many conditions, such as diabetes, hypertension, and multiple sclerosis, can greatly impact vision, resulting in inflammation of the optic nerve, diabetic retinopathy, glaucoma, and even blindness. Managing these conditions with the help of your health care provider can often prevent these eye problems from occurring.

SYMPTOMS OF UNHEALTHY VISION

- Atherosclerosis
- Zinc/B6/Vitamin A or C Deficiency
- Food/Environmental Sensitivity
- Genetic Pre-Disposition
- Cafronate Formation
- Glaucoma
- Cataracts
- Macular Degeneration
- Reduced Night Vision
- Floaters
- Diet Deficient in Antioxidants

THE VISION SOLUTION



Astaxanthin+ (4 mg of Astaxanthin and 5000 IU's of D3):
• Take 1 ml daily.



20/20 Tincture:
• 2-4 droppers a day.



Omega 3D:
• Take 2 capsules or 1 teaspoon with food, daily.



Pro Reds:
• mix one rounded (9.07 g) scoop in 4 to 8oz of cold water or juice, 1-2 times daily.

SUGGESTED DIETARY CHANGES

Eat:

Food Sources:

Amino Acids (Protein, Super Shake, Best Whey, Fish)

- Cysteine
- Taurine

Bioflavonoids (Rad Free, Veggies)

- Quercetin
- Rutin
- Bilberry

Carotenoids (Spinach, Kale, Leafy Greens, Collard Greens, Broccoli, Kiwi, Grapes)

- Lutein
- Astaxanthin
- Zeaxanthin

Essential Fatty Acids (Salmon, Sardines, Herring, Flounder, Halibut, Tuna)

- Omega 3
- Omega 6
- Omega 9

Minerals (Seeds, Nuts, Wheat germ/ Almonds, Pecans, Vegetable Oils, Turkey, Oysters, Crab, Eggs, Peanuts, Whole Grains)

- Magnesium
- Zinc
- Selenium
- Chromium
- Potassium
- Sodium
- Phosphorus
- Iron
- Manganese
- Copper
- Iodine

Vitamins (Grapefruit, Strawberries, Brussels sprouts)

- Vitamin C
- Vitamin E

Other Nutrients

- Alpha Lipoic Acid
- Coenzyme Q10
- Garlic

Carrots

They can help prevent cataracts, clouding of your eye lens. They may also fight the most-likely cause of vision loss when you're older: age-related macular degeneration (AMD).

