

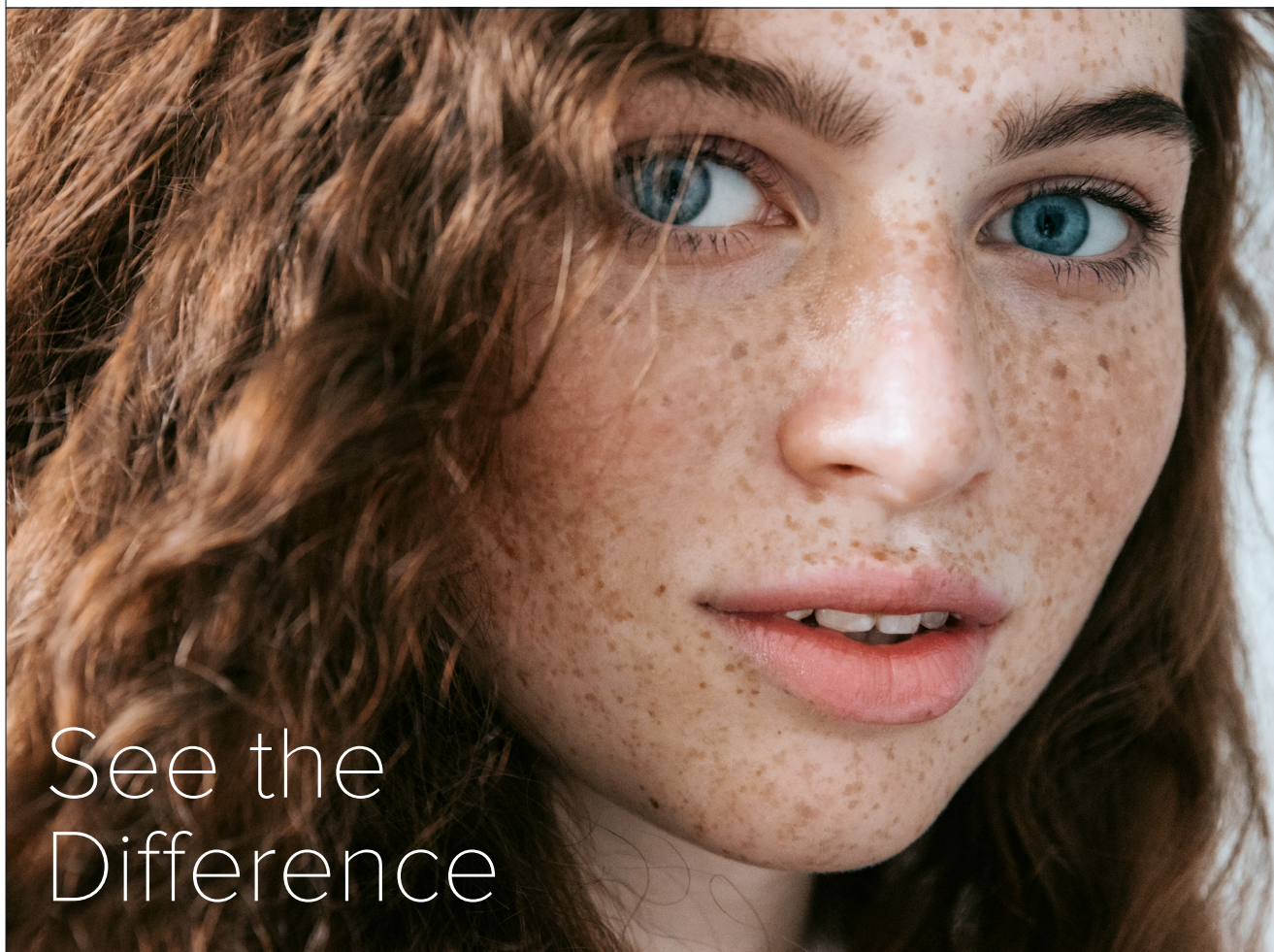
# PROTANDIM<sup>®</sup>

## eye health + essentials

ACTIVATION STACK™

EN PROTANDIM<sup>®</sup> & LIFEVANTAGE<sup>®</sup> PRODUCTS

### *product information sheet*



## See the Difference

Your eyes define how you see the world. Eye health is often overlooked. Support your eye health with this stack that combines 3 products so you can see your world in focus. Protandim<sup>®</sup> Nrf2 Synergizer™ helps combat free radicals and may reduce oxidative stress. LifeVantage<sup>®</sup> Omega+ delivers the best blend of fatty acids, DHA and EPA omega-3 fatty acids, and vitamin D3. IC Bright™ helps provide targeted protection from blue light and gives you macular carotenoids and vitamins to support your eye health.

### *Benefits*



**LifeVantage<sup>®</sup> Omega+™**  
provides a source of EPA, DHA, and omega-3 fatty acids for the maintenance of good health



**Protandim Nrf2 Synergizer<sup>®</sup>**  
provides antioxidant defense for good health maintenance and helps fight free radicals



**LifeVantage<sup>®</sup> IC Bright™**  
may protect eyes from the effects of blue light from digital devices and the sun (Lutein Zeaxanthin)

## Tips

Sometimes it's easy to overlook your eye health. We've got a few simple tips to help keep your eyes healthy and protected.



### Avoid rubbing your eyes

Your hands come into contact with a lot of dirt, dust, germs, and bacteria throughout the day. Avoid exposing your eyes to these irritants and protect yourself from infection by not touching your eyes. Wash your hands often.



### Eat a balanced diet

Many pantry staples benefit eye health. Nuts, legumes, seeds, and fish are high in omega-3 fatty acids. Tomatoes protect your eyes from light damage and provide antioxidants. Make sure to eat fruits and green vegetables to aid overall eye health.



### Limit screen time

We work and spend much of our free time glued to a screen. It's easy to bounce between looking at a laptop to staring at our phone and back again. Incorporate screen time breaks into your routine. Avoid direct sunlight for further eye protection.



### Rest your eyes

Staring at a single object, especially a screen, for long periods of time can cause eye strain. To ease the stress on your eyes, look away from your screen for 20 seconds every 20 minutes. This simple act reduces eye strain and readjusts your focus.

## Directions

For best results, take 3 Omega+ softgels, 2 IC Bright softgels, and 1 Nrf2 Synergizer caplet per day.

Please visit [LifeVantage.com](https://LifeVantage.com) to find the supplement facts for individual products.

## Share

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