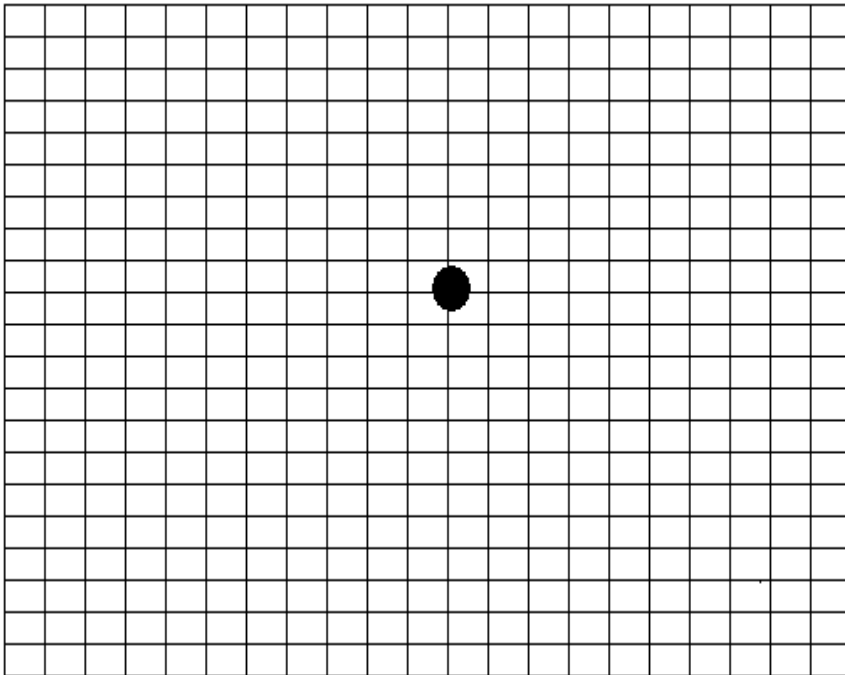


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## Macular Degeneration Recommendations

1. Take **both** of the following:
  - "Ocuvite PreserVision AREDS2" or "ICaps AREDS2 Formula"
  - "Centrum Silver"
2. Eat spinach, collard greens, or kale 2 to 4 times per week.
3. Monitor your vision with the grid below.



INSTRUCTIONS FOR USING THE GRID: Use reading glasses or the lower part of your bifocals. Hold the grid at a normal reading distance with good light. Cover one eye, and look with the other eye at the central black dot. While looking at that dot, without moving your eye, determine if the whole grid is present and straight. If any areas are missing, distorted, or faded, use a pencil to indicate where this occurs. Then do the same for the other eye. **If there are any changes in either eye, CALL OUR OFFICE IMMEDIATELY.**