

# VISION **FACTS & FIGURES**

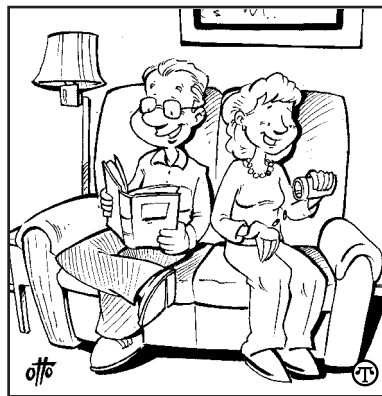
## Seventy-Six Million Baby Boomers Facing Possible Vision Loss

(NAPSA)—As many of America's 76 million Baby Boomers approach their 60<sup>th</sup> birthdays, they are beginning to face the likelihood of what some simply accept as part of aging: vision loss. Age-related macular degeneration (AMD), an eye disease that gradually destroys vision, is the leading cause of blindness for those over 60. It has been estimated that 13 million people in this country have already developed evidence of the disease.

Fortunately, studies indicate that taking sufficient amounts of lutein, an antioxidant not produced by the body, can help maintain macular and retinal health.

"Lutein is found naturally in foods such as leafy green vegetables, tomatoes, and fruits, but most people do not eat enough of these foods to get the necessary amounts of the antioxidant," explains Barbara Levine, R.D., Ph.D., Co-Director, Human Nutrition Program, The Rockefeller University, New York, NY, and one of the country's leading experts on lutein. "To get enough lutein, most consumers must take a dietary supplement. It's much easier than eating bowls full of spinach every day."

To promote healthy eye function and help maintain macular and retinal health, Novartis Consumer



Health has introduced ForSight™, a supplement containing 6mg of lutein, as well as a full day's supply of vitamins A, C and E.

ForSight™ is part of ReSource® Wellness, a complete line of dietary supplements developed to help consumers take charge of their own health and feel better.

Whether the issue is eye health, low energy, mild memory problems, or other age- and stress-related health issues, these unique blends of herbs, extracts and vitamins have been developed to target specific health needs. The products can be found in local food, drug and discount stores.

Call toll free 1-877-939-3556 Mon.-Fri. 8AM-5PM ET to speak to a ReSource® Wellness nutrition consultant or visit their Web site at [www.resourcewellness.com](http://www.resourcewellness.com).