



# **User's Guide to Eye Health Supplements: Learn All about the Nutritional Supplements That Can Save Your Vision (Basic Health Publications User's Guide)**

*Bill Sardi*

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Cataracts and age-related muscular degeneration are the most common vision-threatening eye diseases. Both interfere with vision and many lead to blindness. Yet many natural supplements such as lutein and zeaxanthin, play normal roles in protecting the eyes. This User's Guide to Eye Health Supplements explains how these and other nutrients can reduce your risk of eye disease.

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