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Look after your eyesight.

Macular Degeneration is a degenerative eye disease that can lead to vision loss. According to research those over the age of 55 are at a higher risk for this disease.

Nutritional supplements containing vitamin C and E, beta carotene and zinc could all help reduce the risk of macular degeneration.

Don't play with your eyesight, consult your doctor and look after yourself. Remember your eyes are the windows of your soul.

Until next time have a blessed week!

ALFIE