

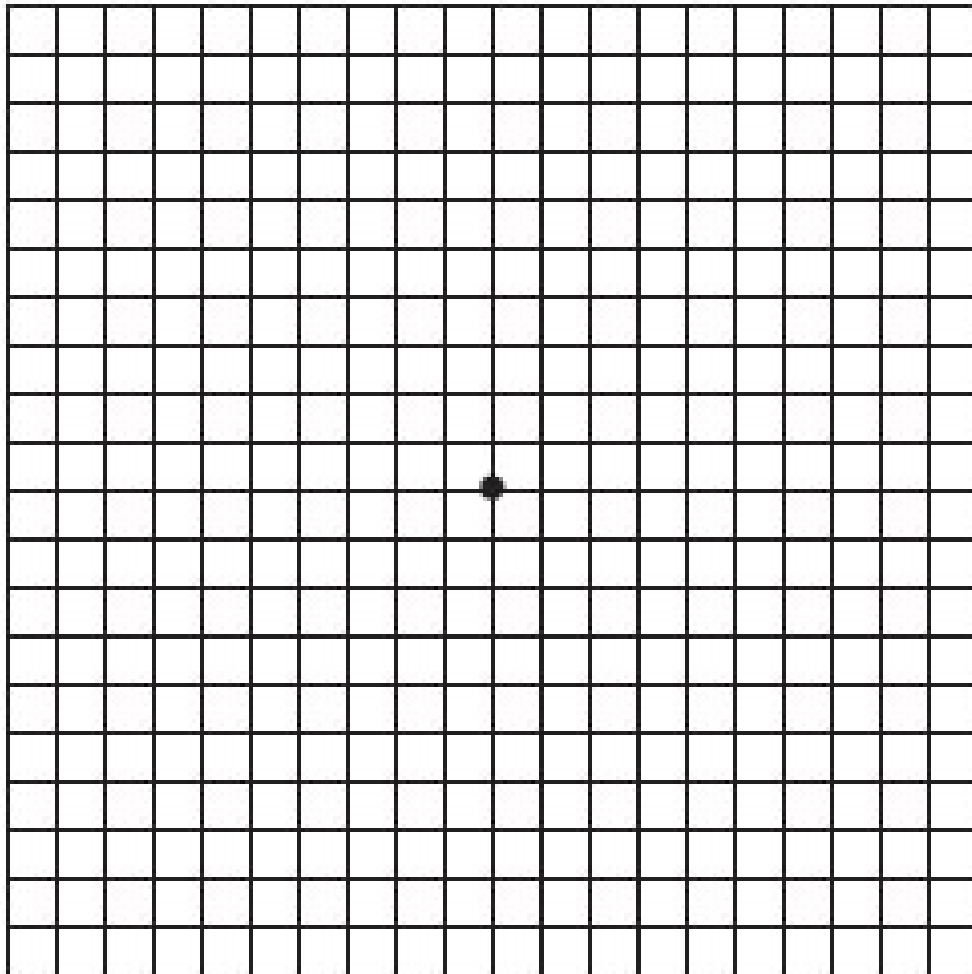
MAVCO recommends using the Amsler Grid at least once a week to monitor your vision.

The grid below should be printed and placed in a prominent place on the fridge or in the bathroom so that it is not forgotten.

Cover one eye and have this page at an ordinary reading distance. Use your reading glasses if required to see the grid clearly. Look at the black spot in the centre of the chart below. Repeat the above step with your other eye.

If you notice that in either eye there is a change in your vision such as the straight lines on the grid become distorted (wavy or bent), dark greyish patches appear or the central dot is no longer visible, you need to consult your eye specialist, optometrist or family physician.

AMSLERGRID



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MAVCO for Eyes (AREDS research + Lutein formula)