**3 EYE HEALTH stats**

- **88%** of Americans believe that good vision is vital to overall health.1
- **only 14%** of parents are worried about their children developing vision problems in the future.2
- **78%** of Baby Boomers rank vision as the most important of the five senses.3

---

**3 COMMON myths + facts**

**myth:** My eyesight and overall eye health will impact me as I age, no matter what I do.  
**fact:** More than 83% OF AMERICANS think worsening eye health is inevitable, but that isn’t necessarily true. Proper nutrition from food and nutritional supplements may help support eye health as you age.

**myth:** If my child’s vision is 20/20, there’s no need to worry about his or her eye health right now.  
**fact:** We lay the groundwork for a lifetime of healthy vision from birth, and PROPER NUTRITION is one key to maintaining healthy eyes in the long term.

**myth:** Carrots are the only food with the proper nutrients to support eye health.  
**fact:** While the carotenoids found in carrots and the lutein and zeaxanthin in leafy green vegetables are known for their eye health benefits, it’s important to consume other eye health nutrients, like EPA AND DHA OMEGA-3S, found in salmon, mackerel or anchovies.

---

**omega 3s FOR EYE HEALTH**

Numerous studies show that EPA and DHA Omega-3s play an important role for eye health throughout life:

- The body’s highest concentration of DHA is found in the retina of the eye, which means it is an important nutrient for eye health.5
- Evidence suggests that maternal DHA intake contributes to the normal visual development in utero and in breastfed babies up to 12 months of age.6
- DHA is an important nutrient for cells of the eye that control the ability to see under different lighting conditions.7

Most health professionals recommend adults get 250mg to 500mg of EPA and DHA per day for general health and wellbeing. There are three simple ways to get enough:

- Eating fatty fish, like salmon or mackerel.
- Consuming EPA and DHA-fortified foods and drinks.
- Taking omega-3 supplements.

---

1. AMIA 2018 technology. Public attitudes about eye and vision health.  
2. DSM Nutritional Products Survey (2011, 2010)  
3. https://www.ocularnutrition.org/boomers  
4. DSM Nutritional Products Survey (2013, 2014)  
6. Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies on a request from Merck Selbstmedikation GmbH on DHA and support of the visual development of the unborn child and breastfed infant. The EFSA Journal (2009) 1006, 1-12  
9. Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies on a request from Merck Selbstmedikation GmbH on DHA and support of the visual development of the unborn child and breastfed infant. The EFSA Journal (2009) 1006, 1-12  
11. Scientific Opinion of the Panel on Dietetic Products, Nutrition and Allergies on a request from Merck Selbstmedikation GmbH on DHA and support of the visual development of the unborn child and breastfed infant. The EFSA Journal (2009) 1006, 1-12  