

The organs of vision receive nearly 90% of the incoming information, making eyes extremely important. Currently, our eyes are subjected to rapid changes, especially due to the swift progress of technology, long working hours at a computer, television, or mobile phone screens, working indoors with poor lighting, and increasing pollution from the environment. As a result, vision problems may arise, along with discomfort, dryness of the eyes, fatigue, and dark circles under the eyes.

This set is recommended for those who experience significant eye strain, such as long hours of driving or working in poor lighting. It is also beneficial for those who spend long hours in front of the TV, computer, or mobile phone screens.

Day and Night set

Collagen

Vita C

RegenOil Liquid Gold®

ProOptical®



USAGE:

### **Morning:**

- Vita C 25 ml before meals
- Day 25 ml during meals
- Regen Oil 5 ml with food in the morning or at lunch

### **Lunch:**

- ProOptical 1 green and 1 red capsule after meals

### **Evening:**

- Collagen 25 ml before meals
- Night 25 ml during meals