### What's in Lacritec

#### **Flaxseed Oil**

A rich source of the Omega-3 fatty acid, Alpha-Linoleic Acid (ALA).

#### **Borage Oil**

Borago officinalis (Borage) Oil contains the important Omega 6 fatty acid gamma linolenic acid (GLA).

#### **Concentrated Omega-3 Fish Oil**

Fish Oil contains DHA and EPA Omega 3 essential fatty acids. DHA contributes to the maintenance of normal vision. 250mg daily is needed to obtain a beneficial effect.

#### Each capsule contains:

Concentrated Omega-3 Triglycerides (fish)	332 mg
Equiv. Eicosapentaenoic Acid (EPA)	134 mg
Equiv. Docosahexaenoic Acid (DHA)	66.8 mg
Flax Seed Oil (Linseed Oil)	334 mg
Equiv. Oleic acid	58.5 mg
Equiv. Linoleic acid	58.5 mg
Equiv. Linolenic acid	192 mg
Borago officinalis seed oil fixed	434 mg
Equiv. gamma-Linolenic acid	95.5 mg

### Eye health

Many different things affect eye health. The normal ageing of tear glands, as well as extended use of contact lenses or electronic screens, environmental pollutants, prescription drugs, refractive surgery, auto immune diseases, nutrient deficiencies and other disorders can all affect the health of the eyes.

### Age

Tear volume decreases from age 18 as much as 60% by age 65.

#### **Hormonal Changes**

Hormonal changes cause decreased tear production brought on by pregnancy, lactation, menstruation, and menopause.

#### **Extended Contact Lens Wear**

Extended contact lens wear can result in dry eyes from corneal oxygen and nutrient deficiency. Protein build-up on contact lens can produce a breeding ground for bacterial growth and surface roughness which irritate the eyes. Some contact lens solutions contain preservatives that can also cause chemical irritation of the corneal surface and result in dry eyes.

### How does Lacritec work?

Lacritec works systemically, that is, by swallowing the Lacritec capsules the formulation enters your blood system and works from within your body. Therefore Lacritec can take between 4 to 6 weeks to reach its full effect. Lacritec uses a proprietary blend of DHA and EPA Omega 3 essential fatty acids from fish oil, ALA Omega 3 essential fatty acid from Flaxseed Oil, GLA Omega 6 essential fatty acid from Borage Oil. DHA contributes to the maintenances of normal vision. 250mg a day is required to have a beneficial effect.

## How do I take Lacritec?

**Initial Adult Dose:** 3 capsules per day for the first 6 weeks with meals.

Ongoing Adult Dose: 2 capsules per day with meals.

### Quality...

Lacritec, like all Stiltec products, is made in Australia, in an approved pharmaceutical manufacturing facility, using only the highest quality ingredients.

The ingredients in Lacritec<sup>™</sup> have been specifically chosen and formulated to maximise the effectiveness of the product. All ingredients are of the highest quality and at

scientific levels.







Omega 3 and 6 Eye Formulation with DHA from fish oil plus flaxseed and borage oils

### How do I order Lacritec?

#### To Order in the United Kingdom:

Order Online safely, securely and simply: www.lacritec.co.uk

or

Order by Phone (UK Free-Call):

### 0800 069 8677

Only £19.95 per bottle of 60 capsules. Delivery is FREE for orders of 3 or more bottles, and £4.95 for orders of 1 or 2 bottles.

For worry free ordering ask us to create a regular delivery plan for you.

Please note Lacritec is not available through pharmacies or health food stores.



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# eye health. **Product Information Leaflet** PATENTED PRODUCT

A new

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