

Vision Vance



Your gaze, your transformation. It starts now

You didn't get here by chance. Choosing **Vision Vance** means taking control — of your visual comfort, the clarity of your vision, and how your eyes respond to the demands of everyday life. It's not just about seeing better. It's about reducing fatigue, regaining focus, and reconnecting with the world around you in a natural and healthy way. **Vision Vance** was developed with you in mind — someone who seeks real, safe, and effective solutions to protect eye health and minimize the impacts of modern lifestyles, such as excessive screen use, blue light, and constant visual stress.

This is not just a supplement.

It's a careful protocol, created to respect your rhythm, your routine, your age, and your visual needs — adapting to your daily life to deliver progressive and lasting results.

Each capsule is a step towards visual balance:

- helping to reduce eye fatigue and irritation,
- supporting the antioxidant protection of the retina,
- contributing to macular health,
- and promoting greater focus, sharpness, and comfort throughout the day.

And when you combine **Vision Vance** with simple habits — such as regular screen breaks, good hydration, a diet rich in antioxidants, and restorative sleep — it becomes a powerful ally in your vision care journey. You are not alone. We are here to support you — with guidance, information, and motivation whenever you need it.

Because caring for your vision is not just a physical change. It's a complete transformation of well-being, quality of life, and the freedom to see each moment clearly.
This is your moment.

You are in control.

Welcome to conscious vision care.

Welcome to a new way of seeing life.

Hello!

Why Take Care of Your Vision Today?

We live in one of the most challenging periods for eye health in history. The modern lifestyle—excessive screen time, sleepless nights, stress, artificial light, and continuous exposure to blue light—places an enormous burden on the eyes.

What does this cause in daily life?

- Constant eye strain
- Dry and irritated eyes
- Difficulty focusing, especially at night
- Increased sensitivity to light
- Blurred vision after long hours on the computer

After age 40, these conditions intensify due to the natural aging process of the eyes, where there is less tear production, more cellular oxidation, and gradual macular degeneration.

How can Vision Vance help?

Vision Vance was developed as a complete nutritional support to promote:

- Visual comfort and performance
- Antioxidant protection of the retina
- Increased focus and clarity
- Healthy response to blue light
- Macular health
- Improved ocular circulation

You are about to embark on a journey that can transform how your eyes respond to the world.

Why Take Care of Your Vision Today?

How to Get the Most Out of Vision Vance



Official dosage (label):

Take 2 capsules daily with 8 oz water (240 ml).



Best time to take: In the morning, with breakfast or with a meal containing healthy fats (improves absorption)

Consistency is everything

The eyes respond to daily use. The more consistent you are, the greater the accumulation of protection and visual clarity.



How to use

What is Vision Vance?

Vision Vance is a premium supplement formulated with essential nutrients to protect and nourish your eyes, especially during times of digital overload.

It directly supports:



Daily visual comfort



Protection against blue light



Antioxidant protection of the retina



Focus, sharpness, and clarity



Macular health



Natural tear production



Ocular circulation

It's a modern formula, designed for today's routine — rich in screens, intense light, and accumulated eye strain.



What is Vision Vance?

Practical Checklists for Your Daily Life

Habits that help your vision

- Blink more while using screens
- Use the 20-20-20 Rule (every 20 minutes, look 20 feet/6 meters for 20 seconds)
- Consume anti-inflammatory foods
- Sleep 7 to 9 hours Stay hydrated throughout the day

Habits that harm your vision

- Excessive screen time at night
- Lack of hydration
- Diets poor in nutrients
- Very bright environments or direct light
- Going for long periods without blinking





The Potency Challenge:

Participate in the **Vision Vance Challenge** for a quick habit reset and immediate boost to your results.

What Are Eyes? (Simple Explanation)

Your eyes are like the “windows of your body”: they capture light, process images, and allow you to interact with the world around you.

Each eye depends on several delicate structures working together:

- Cornea – directs and focuses light
- Lens – adjusts focus for near and far vision
- Retina – converts light into visual signals for the brain
- Macula – responsible for sharp, detailed vision
- Tear film – lubricates and protects the surface of the eye
- Blood circulation – delivers oxygen and nutrients

Why do visual fatigue and discomfort occur?

Over time — or due to modern lifestyle habits — the eyes begin to suffer from:

- Natural aging of ocular tissues
- Excessive exposure to screens and blue light
- Reduced blinking and eye dryness
- Oxidative stress and inflammation
- Poor circulation in ocular tissues
- Lack of key nutrients for eye health
- Prolonged focus without visual breaks

And that's where Vision Vance comes in

Vision Vance works to nourish, protect, and support these essential visual structures, helping reduce eye strain, improve comfort, and support long-term eye health — so your vision can keep up with your life.

10-Day Vision Vance Challenge – Restore Your Vision

This challenge was created to reset your habits and quickly maximize the effects of **Vision Vance**.

Day 1 – 20-20-20 Rule

Avoid continuous strain.

- Practice every 20 minutes.
- Reduces lens tension, prevents pain and irritation.



Day 2 – Hydration + Warm Compress

- Minimum 2 liters of water.
- A 5-minute compress improves circulation and dryness.



Day 3 – Nighttime Screen Detox

- Avoid screens 1 hour before bed.
- Reduces blue light and improves eye rest.



Day 4 – Colorful Plate

Include carotenoids and antioxidants:

Carrots, pumpkin,
Spinach, kale
Blueberries



Day 5 – Eye Exercises

- Circular movement
- Near and far focus
- Conscious blinking
- Massage around the eyes



| Day 6 – Cervical Stretching

Flexibility in the neck improves circulation to the retina.



Day 7 – Habits Check-in

Evaluate:

Sleep
Screen time
Hydration
Diet



Day 8 – Healthier Environments

Adjust your space:

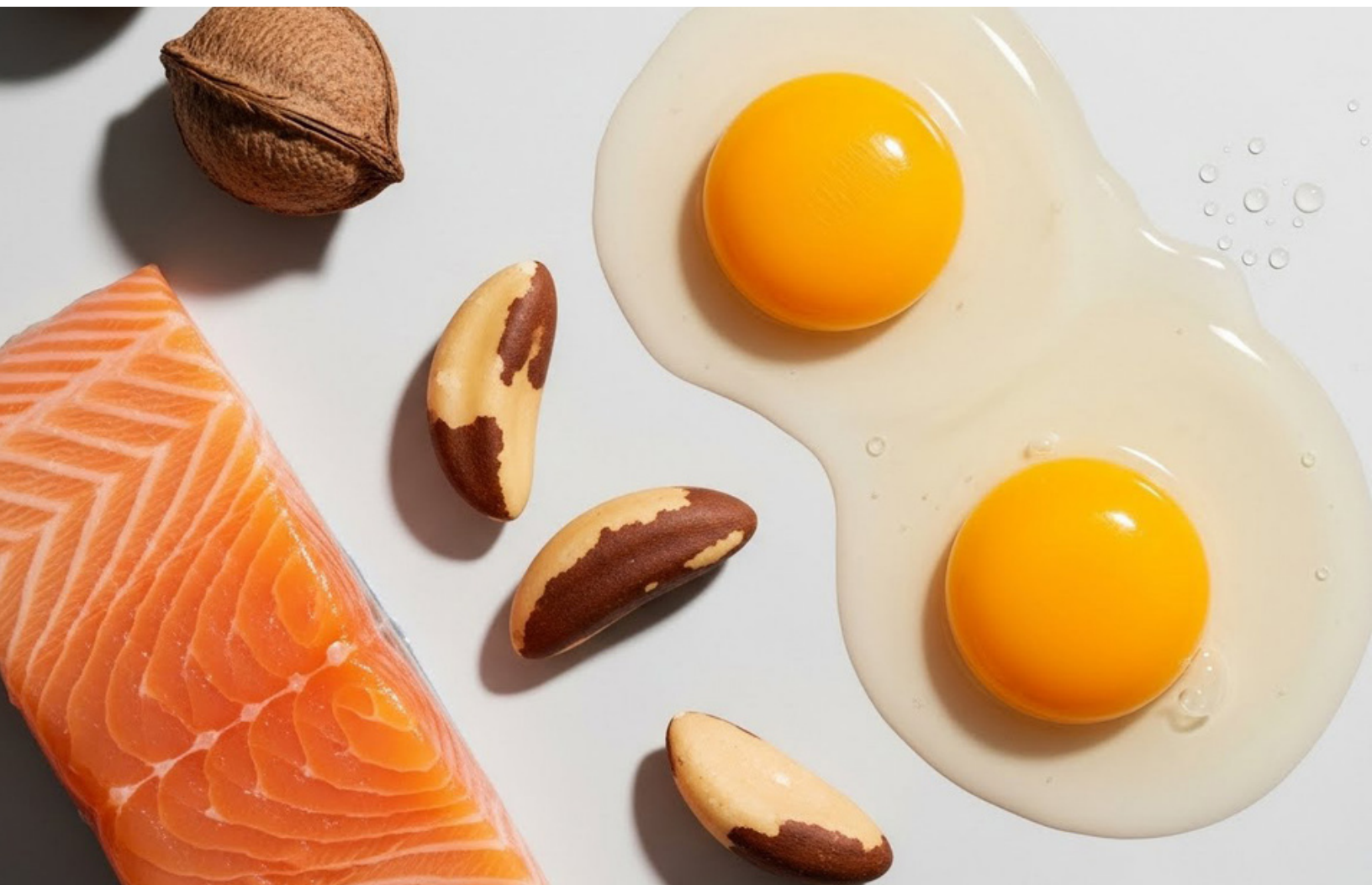
- Appropriate brightness
- Larger font size
- Night mode
- 10-minute breaks every 2 hours



Day 9 – Eye-Healthy Foods

Include in today's diet:

Egg yolk
Oily fish
Brazil nuts



Day 10 – Comfort Routine

- One eye break per hour
- 5 minutes of deep breathing
- Consistent use of Vision Vance



Frequently Asked Questions (FAQ)

When will I see results?

1–2 weeks:

- Less eye strain
- Less irritation

4 weeks:

- Increased clarity
- Less light sensitivity

8–12 weeks:

- Accumulated antioxidant benefits

3–6 months:

- Complete support for the retina and macula



Foods That Help Your Vision

Best Foods

Spinach, kale
Egg yolk
Carrots, pumpkin
Blueberries
Salmon, sardines
Brazil nuts

Avoid in excess

Sugar
Refined flours
Trans fats
Ultra-processed foods



Simple Eye Exercises

Circular Movement

Slowly rotate your eyes in circles.

Near/Distant Focus

Focus on a nearby object, then a distant one.

Conscious Blinking

Intentionally blinking 20 times reduces dryness.

Periocular Massage

Gentle movements around the eyebrows and eyelids.



| Conclusion: You're in Control

This challenge goes far beyond reducing eye strain. It represents a commitment to your vision, your visual comfort, and your quality of life. By completing these 10 days of care, you didn't just support your eyes — you took back control of how you see and interact with the world.

Each habit applied, each screen break taken, and each healthy choice you made is a step toward clearer vision and less visual fatigue. It's not about perfection, but consistency. Small daily actions create lasting results.

Now you understand your eyes better. You know how they respond to rest, nutrition, hydration, and daily habits. More than that, you proved to yourself that change is possible — and that it starts with you.

Keep going. Adjust when needed. Continue evolving.

Because when you take care of your vision, you take care of your focus, comfort, and overall well-being. Believe in yourself. Trust the process. You're in control — and your clearest days are ahead.

| Improving Your Visual Environment

- Adjust screen brightness
- Increase phone font size
- Activate night mode
- Take 10-minute breaks every 2 hours
- Avoid direct light in your eyes



We're Here for You!

Whenever you need help,
contact our support team:

 contact@customerco.com

You're not alone. We're
here to make sure you have
the best experience
possible with **Vision Vance**.

*Remember: solid changes take
time, but they last.* Trust yourself.
Trust the process. You're in
control again. And you're just
getting started.



We are with you