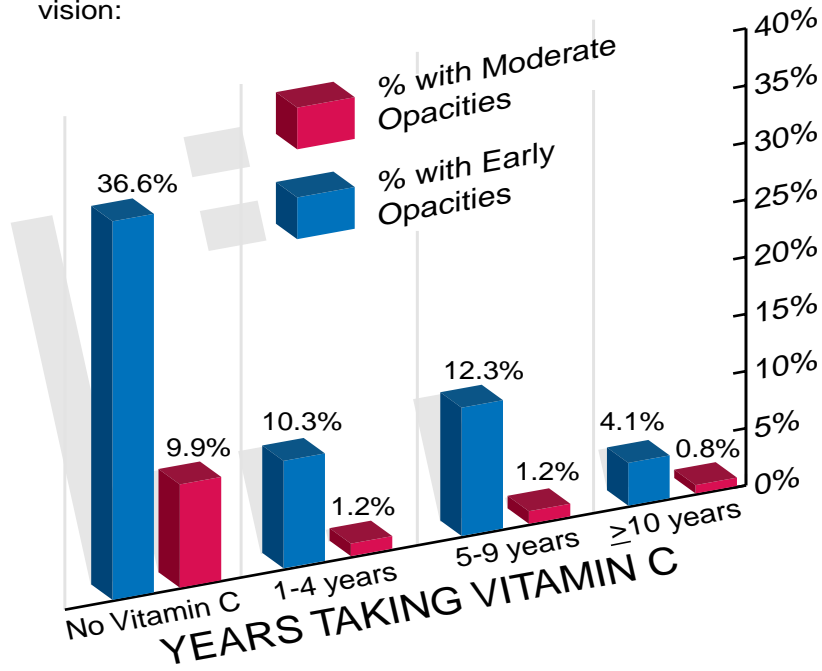


## Vitamin C = Better Vision

A recent study demonstrated the benefits of taking vitamin C supplements for women 56-71 years old. Those who took their vitamin C were less likely to develop "lens opacities" (cataracts) that prohibit clear vision:



SOURCE: Jacques PF, Taylor A, Hankinson SE, et al. Long-term vitamin C supplement use and prevalence of early age-related lens opacities. *Am J Clin Nutr* 1997; 66: 911-6.