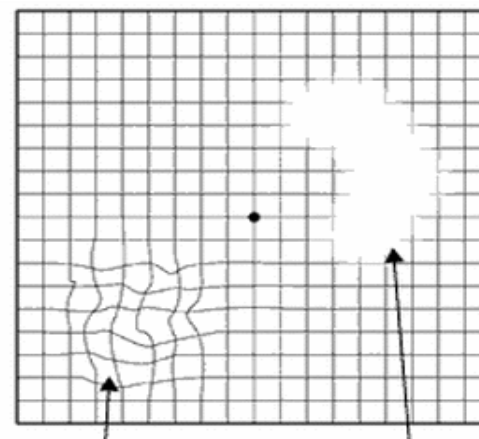


Amsler Grid Instructions:

- Wear the eyeglasses that you normally wear for reading
- Position the chart 14 inches away from your face
- Cover one eye at a time with your hand
- Stare at the dot in the center. Do not let your eyes drift from the center dot
- Look for any distortions or missing lines.

Report any sudden changes by calling our office:
Manchester 603-669-3925
Londonderry 603-432-8801

Look for changes such as:



(DISTORTION)

(BLIND SPOT)

FOLD HERE

Prepared for: _____

Are eye vitamins recommended for your condition? **YES/NO**

Daily Vitamins recommended: AREDS 2 formula

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Zinc (80 mg zinc oxide)
- Copper (2 mg cupric oxide)
- Lutein (10mg)
- Zeaxanthin (2mg)