



ETHOS BRIGHT EYES™

EYE DROPS FOR CATARACTS

2 X 5ML BOTTLES



Ingredients

N-Acetyl-Carnosine (NAC) – 1.0% (a super-antioxidant)

Glycerine (lubricant) – 1.0%

Hydroxypropylmethylcellulose sodium (lubricant) – 0.15%

Sterile water (ophthalmic grade isotonic solution, pH 6.3 to 6.5)

Buffered with boric acid, citric acid, potassium bicarbonate and, as a preservative, purified benzyl alcohol

Other information

- Bright Eyes™ drops are 100% hypo-allergenic
- Bright Eyes™ drops are 100% free from animal ingredients and can be used by vegetarians and vegans
- Bright Eyes™ drops are 100% safe and suitable for pets and most animals

Warnings

To avoid contamination, do not touch the tip of the bottle. Replace the cap immediately after use. Only open one bottle at a time. Do not allow other people to use your eye drops. Ideally, bottles should be stored in a refrigerator. If this is not possible, they should be stored in a cool dark place. Do not use if the seal is broken or if the solution changes colour or becomes cloudy. Once opened, discard the bottle and any remaining contents after 30 days. Should only be used on children under the age of 12 under the guidance of appropriate medical supervision. If the eye tissue becomes inflamed, red, irritated or uncomfortable after using the drops, or if the condition worsens or persists for more than 72 hours, discontinue the use of the drops immediately and consult a physician. As with all medicines, keep out of reach of children. Use before the expiration date shown on the bottle. **DO NOT FREEZE.**

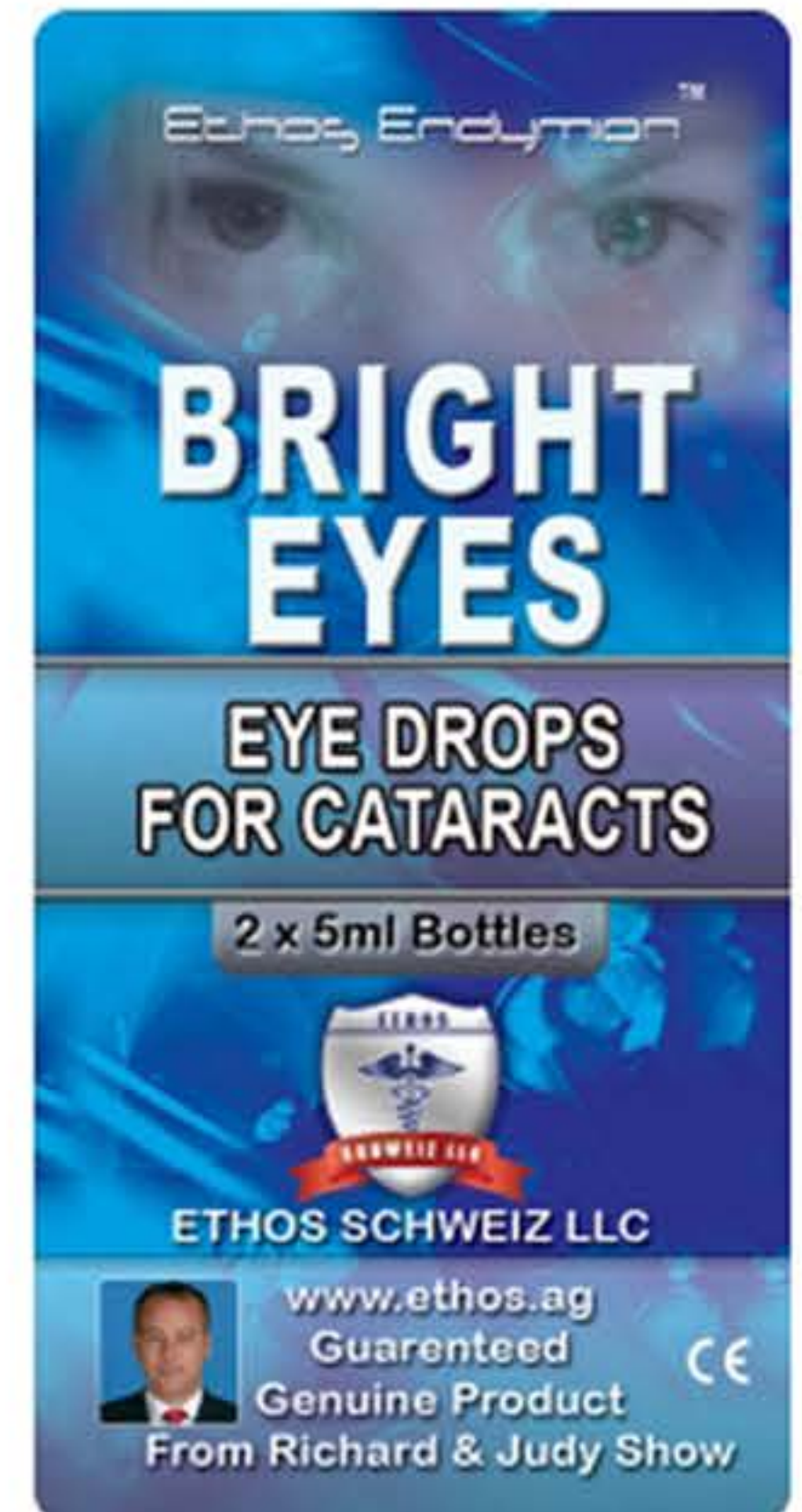
Recommended usage

One 5ml bottle contains approximately 100 drops. The recommended course of treatment is to use one box of 2 x 5ml bottles a week, for a period of six weeks (6 boxes). 80% of patients report seeing significant improvements within this time-frame. Those with more severe conditions may need to continue their treatment for longer.

- Apply Bright Eyes Drops™ to the affected eye(s) hourly throughout the day; 8, 9 or 10 times a day is ideal
- Apply one or two drops per eye upon each application
- One of the easiest ways to apply the drops is to lie down or lean your head well back
- Asking a friend, relative or partner to apply them for you helps to avoid any wastage
- Pull the lower eyelid down and gently squeeze the bottle until the drops come out
- Instil the drops onto the centre of the eyeball – you will feel when they go in
- Hold the eye closed without blinking for approximately one minute to avoid the drops from being flushed out
- Leave at least a 30-minute interval between applying different types of eye drops
- Unopened bottles should be stored in the dark and, wherever possible, in the refrigerator

Once your condition has improved, it is recommended that you continue using 1 or 2 drops a day to maintain good eye health and visual acuity.

See overleaf for instructions on how to open the eye drops bottles...



TO DISPENSE A DROP
Remove the plastic cap and squeeze the bottle gently until a drop is dispensed.

'Ethos – Giving back the gift of sight since 2000' – www.ethos.ag

Indications

For the non-surgical treatment of cataracts. Bright Eyes™ Drops are also beneficial for treating glaucoma, age-related macular degeneration (AMD), vitreous opacities & lesions, computer vision syndrome, contact lens disorders, ocular inflammation, dry eye syndrome, corneal disorders, chronic eye strain, retinal disease, blurred vision, presbyopia and floaters.

Those with no known eye conditions are advised to apply Bright Eyes™ drops once or twice a day as a preventative measure to ensure that they don't suffer with visual impairment in later life.

It is also highly recommended that you take 2g or 3g of Ethos Endymion supplement in powder form daily.

Bright Eyes™ eye drops are also especially beneficial to people who spend a lot of time in front of computer screens or who drive a lot at night, as they help to relieve tiredness and soreness of the eyes. For rapid relief, simply apply one or two drops when discomfort is felt. Leave 30 seconds or more between drops to allow for absorption.

Some slight stinging may occur when the eye is very dry or tired, particularly at the end of the day. However, this slight stinging should dissipate in a few seconds.

Contact lenses

Bright Eyes™ drops are safe to use by both soft and hard contact lens wearers. The contact lenses should first be removed before applying the drops and can then be put back in again, after allowing at least one minute for the drops to be absorbed into the eye.

How to open a bottle (NB The collar is shown below in red for ease of identification but it is actually white in colour)

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1 Remove the plastic cap. Holding the bottle upright, twist the cap counter-clockwise.
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2 Carefully lift off the cap.
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3 Remove the plastic collar below the cap. Pull the collar straight up and over the tip of the bottle, keeping it level and square with the bottle.
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4 Discard the plastic collar.
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5 To puncture the top of the bottle; simply replace the cap without the collar on the bottle and, as you tighten it down, the sharp point inside the cap will pierce it. Be sure to tighten the cap using just enough force to pierce the tip of the bottle as over-tightening it will make the hole too large causing the drops to be released too quickly.
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6 **TO DISPENSE A DROP**
Remove the plastic cap and squeeze the bottle gently until a drop is dispensed.
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7 Replace the cap as soon as possible after use. Holding the bottle upright, twist the cap clockwise. **DO NOT OVER-TIGHTEN.**
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8 Keep out of direct sunlight.
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9 Keep as cool as possible but do not freeze.