



BlueGuardian

SAFER VISION IN A DIGITAL WORLD

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The blue light
blocking lens

OPTICARE

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Constant exposure to **blue light** emitted from digital devices may cause long-term damage to your retina and impact your circadian rhythm.



In this digital age, an increased amount of time is spent by individuals online, subjecting our eyes to more strain than ever before.

Blue light can be emitted from several sources including:

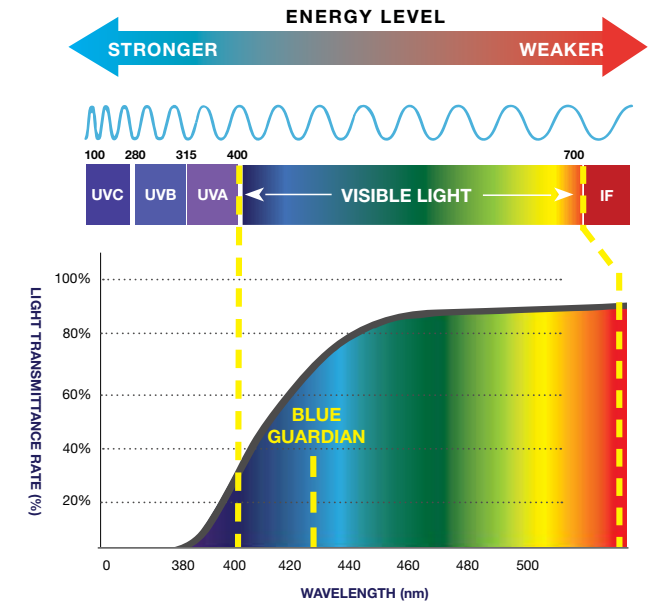
- ▶ Electronic devices such as flat-screen monitors, TVs, tablets and smartphones
- ▶ Fluorescent & LED lighting (including car headlights)

Blue light at an energy level below 430nm, may cause digitally induced eyestrain.

What is Digitally Induced Eyestrain?

Concentrating on any screen for prolonged periods can cause one or more of the following symptoms:

- ▶ Dry and irritated eyes
- ▶ Fatigue
- ▶ Eye twitching
- ▶ Blurred vision / Loss of focus
- ▶ Headaches
- ▶ Neck and back pain
- ▶ Increased risk of depression



Blue Guardian blocks the high-energy blue light from entering the eye and aids in the prevention of all harmful UVA and UVB energies.

- ▶ Helps regulate your circadian rhythm (the body's natural sleep & wake cycle)
- ▶ Assists with memory and cognitive function
- ▶ Elevates your mood
- ▶ Boosts alertness

To find out more about Blue Guardian lenses, please contact your local Opticare Account Manager on (Freecall) 1800 251 852.