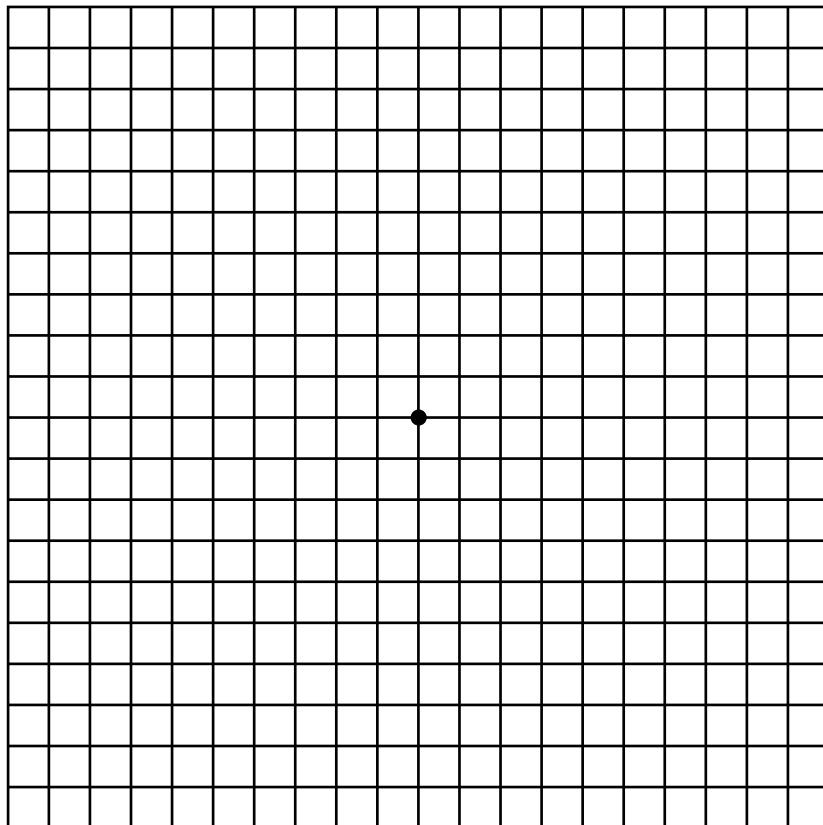




Doctors ExclusiveTM

Evidence-Based Patient Care

How To Do The Amsler Grid Test



Testing your vision with an Amsler grid is easy and takes only a few minutes. Here are the steps:

1. Position yourself approximately 12 to 15 inches away from your screen. (If you use corrective lenses wear them for the test)
2. Cover one eye.
3. Focus on the dot in the center with your uncovered eye and keep your eye focused on it. Notice the appearance of the lines.
4. Test each eye separately.

If you see wavy lines or dark spots in the grid tell your doctor as soon as possible.

Doctors Exclusive provides a complete eye and body nutritional protocol.

