

Eye Health

A quarter of the nutrients consumed through the diet or supplementation are used to nourish our visual system. Poor nutrition is one of the three leading causes of macular degeneration -- a leading cause of blindness for those over the age of 55. Research indicates that low levels of lutein and zeaxanthin in the macula of the eye can increase the risk for age-related macular degeneration by 40%.

The eye collects and focuses light rays, converting them into electrical signals that are sent through the optic nerve to the brain. Nutrients are needed to help the eye adequately perform these functions. Carotenoids such as lutein and zeaxanthin play very important roles in eye health. Another compound found in berries, called anthocyanosides is gaining popularity for its powerful benefits for vision health.

What are lutein and zeaxanthin?

- Lutein and zeaxanthin are carotenoids, or antioxidants, found in the breast, cervix and in large concentrations in the eye
- Zeaxanthin is an antioxidant usually found along with lutein in food and in the body
- Lutein and zeaxanthin are the only carotenoids found in the eye
- Lutein can be found in dark green and yellow fruits and vegetables such as spinach and kale

A dietary intake of at least 6 mg per day of lutein has been shown to help reduce the risk of many diseases of the eye such as age-related macular degeneration and cataracts.

How does lutein work?

- Protects the retina by blocking harmful blue light rays that can damage the eye
- Fights free radicals that can damage cells in the body

What are anthocyanosides?

Anthocyanosides, also called Anthocyanidins or Anthocyanins, are powerful antioxidants that have been found to have specific activity in the eye. They are found in the highest concentrations in the bilberry and blueberry.

How do anthocyanosides help protect my eyes?

- They have been shown to help protect against free radical damage
- Can help tired eyes focus or adjust more quickly
- Help maintain fluidity of the cell membranes

What to look for in an Eye Health supplement:

- Look for a supplement that does not contain nutrients that you are already receiving in a daily multiple vitamin - choose a supplement that is safe to add to your normal supplement routine
- Choose a product that contains at least 6-10 mg of lutein
- If you are vegan or vegetarian be sure your supplements are too
- Purchase a product that contains nutrients obtained from high-quality raw materials, consider one of our eye health formulas for assurance

Most people do not consume an adequate amount of lutein, bilberry or blueberry in their daily diets to help protect against eye deterioration and maintain healthy eyesight. This is why eye health supplements are gaining popularity in the natural food and supplement market. We offer the following dietary supplements formulated to support eye health:

Ultimate Eye Formula®

- Contains 10 mg of LuteMax® lutein per capsule - it is recommended to start with a loading dose of 20 mg or two capsules per day for several weeks
- LuteMax® Lutein is obtained from the natural marigold extract
- Contains 350 mg of bilberry extract and 150 mg of blueberry extract
- Bilberry and Blueberry are protected from stomach acid by a natural plant fiber called the BioShield Matrix™ to increase absorption and utilization of these ingredients

Ocu Complete® with Lutein

- Advanced vitamin and antioxidant formulation
- Contains FloraGlo® brand lutein, a proven purified source
- Easy to swallow capsules
- Compare to TwinLab® Ocuguard®

Lutein

- Natural antioxidant from the carotenoid family found in large concentrations in the eye
- Lutein in the macula protects the eye by blocking harmful blue light rays
- Sourced from FloraGlo®, a proven purified source
- An important component of visual function, especially as we age

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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