

# Eye Health

with Lutein and Lycopene

## DESCRIPTION

Eye Health is a dietary supplement to maintain and support proper visual function. Eye Health contains 16 nutrients including antioxidants, vitamins, minerals and herbs that have been found to support optimal eye health and function.

## FUNCTION

Numerous studies indicate that lutein, zeaxanthin, alpha lipoic acid and other nutrients may be important in preserving and maintaining healthy eyes, especially as we age. Large scale trials are underway to more accurately determine the exact roles that these nutrients play in supporting eye health in general and macular health specifically. Eye Health has been specifically formulated to provide eye structure and function support as well as antioxidant support.

Quercetin and Rutin are antioxidants that help support capillary integrity and work with Vitamin C to decrease bruising of the small capillaries in the eye. Rutin has been associated with maintaining healthy ocular pressure within the eye. Quercetin helps support histamine levels within normal ranges to help maintain eye health. Bilberry helps with the formation and maintenance of connective tissues within the eye, has beneficial effects on microcirculation, assists in strengthening capillaries in the eye and protects the macula. Eyebright is an herb that improves microcirculation to the retina and helps maintain eye moisture and pressure. L-Taurine is essential for maintaining the structural integrity of the retina. If Taurine is depleted, rapid photoreceptor degeneration can result. Lutein and Zeaxanthin are antioxidants that support ocular health by inhibiting free radical reactions in the eye and by supporting the thickness of macular pigment. Lutein is found in high concentrations in the retina and macula of the eye. Lutein also helps protect the lens of the eye from the damaging effects of UV sunlight. Finally, Vitamin B-12 helps nerve function by supporting the myelin sheath, which insulates nerves such as the optic nerve.

For antioxidant support Eye Health incorporates Alpha Lipoic Acid, an antioxidant that is both fat and water-soluble and can extend the biochemical life of other antioxidants such as Vitamin C, E and L-Glutathione.

Beta carotene is a powerful antioxidant that is converted in the body to Vitamin A, which is essential to the protection and function of the retina of the eye. Lycopene is a phytonutrient that has powerful antioxidants to help maintain optimal eye health. L-Glutathione is the key antioxidant in the lens. Its major function is to protect the lens from ultraviolet radiation which over time can cause clouding.

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.

The production of Glutathione in the lens declines with age. Vitamins C & E are antioxidants that support circulation and the structures of the eye. Finally, Selenium, Zinc and Riboflavin are nutrients necessary for supporting antioxidants such as glutathione and super oxide dismutase.

## INDICATIONS

Eye Health may be a useful dietary supplement for those who wish to support optimal eye function.

## FORMULA (WW #10274)

### One Capsule Contains:

Vitamin A (100% as beta-carotene).....	5000 IU
Vitamin C (as Ca Ascorbate & Ascorbic Acid) ..	250 mg
Vitamin E (as d-alpha Tocopheryl Succinate) .....	30 IU
Riboflavin .....	5 mg
Vitamin B-12 (as Methylcobalamin) .....	10 mcg
Zinc (as Zn Citrate).....	5 mg
Selenium (as L-selenomethionine).....	25 mcg
Lutein.....	6.75 mg
Lycopene .....	5 mg
Zeaxanthin .....	1.35 mg
L-Glutathione.....	10 mg
Taurine.....	50 mg
Alpha Lipoic Acid .....	25 mg
Quercetin .....	30 mg
Eyebright (Euphrasia officinalis) Extract (4:1).....	60 mg
Bilberry (Vaccinium myrtillus L.) Extract .....	40 mg
Other ingredients: Vegetable cellulose, rice flour, and vegetarian leucine.	

This product is vegetarian and gluten free.

## SUGGESTED USE

As a dietary supplement, take 1 capsule with a meal 3 times daily or as directed by your healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Keep out of reach of children. Store in a cool, dry place.

## REFERENCES

- Moeller SM, Parekh N, Tinker L, Ritenbaugh C, Blodi B, Wallace RB, Mares JA; CAREDS Research Study Group. Associations between intermediate age-related macular degeneration and lutein and zeaxanthin in the Carotenoids in Age-related Eye Disease Study (CAREDS): ancillary study of the Women's Health Initiative. *Arch Ophthalmol.* 2006 Aug; 124(8):1151-62
- Seddon JM, Ajani UA, Sperduto RD, et al. Dietary carotenoids, vitamins A,C and E and advanced age-related macular degeneration. *Eye Disease Case-Control Study Group JAMA* 1994;272:1413-1420
- Wenzel AJ, Gerweck C, Barbato D, Nicolosi RJ, Handelman GJ, Curan-Celentano J. A 12-wk egg intervention increases serum zeaxanthin and macular pigment optical density in women. *J Nutr* 2006 Oct; 136(10):2568-73