



Category 11
Specialty Formulas



Eye Assist 60 Caps #103300

Description: **Eye Assist** offers a full range of antioxidant nutrients which aid in maintaining good visual function. Lutein, a carotenoid found in dark green leafy vegetables, is a dominant pigment in the macular region of the eye. Bilberry extract contains biologically active flavonoids which support healthy vision. With advancing age nutritional status tends to decline because of reduced gastrointestinal absorption and impaired cellular uptake of nutrients. The sensory organs involved in vision, hearing, smell, and taste appear to be especially vulnerable to the effects of nutritional deficiency.

Contents / Ingredients

Eye Assist is made up with *Bilberry, Lutein, and Antioxidants*. **Lutein** is found naturally in our diets and is found in sources such as dark green leafy vegetables. The body does not manufacture it and depends entirely on dietary sources. Lutein plays a very important role in maintaining eye health and has been shown to improve failing eyesight due to age related macular degeneration or AMD. Increased dietary intake of it reduces the risk of AMD. Reports with those supplementing their diets found improvements in visual function in as little as three months. The greatest risk areas were those over 60 years old whose diets tend *not* to be lutein rich. The amount of lutein that is absorbed into the body from supplements can be compared to that contained in spinach when eaten as part of a fat containing diet. It is important to note that in either case the presence of some fat (or oils) in the diet acts to aid the absorption of Lutein.

Traditional Therapeutic Action

Supplement Facts	Serving Size 3 Capsules	Servings per Container 20
	Amount Per Serving	% Daily Value
Vitamin A (as natural beta carotene, D. Salina)	25,000 U	500%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin E (as d-alpha tocopheryl succinate)	200 U	667%
Riboflavin (Vitamin B-2)	20 mg	1176%
Zinc (as L-OptiZinc)	25 mg	170
Selenium	102 mcg	140%
Bilberry standardized extract		
(Vaccinium myrtillus) (25% anthocyanidins)	100 mg	(*)
Lutein	10 mg	(*)
Green Tea Extract(Camillia sinensis) (40% catechins)	150 mg	(*)
N-acetyl-cysteine (NAC)	100 mg	(*)
Rutin	100 mg	(*)
(*) Daily Value not established.		
Other ingredients: Cellulose, magnesium stearate, silica.		

Vitamin A (as natural beta carotene) is an antioxidant that prevents night blindness and other eye problems. It is necessary for maintenance of healthy rods and cones (the visual cells of the eye) in the retina. This important vitamin slows the aging process. A deficiency of vitamin A may be apparent if dryness of the conjunctiva and cornea, poor growth, and / or night blindness is present.

Vitamin C is one of the most important antioxidants in the eye. Supplementation can improve vision in those with cataracts. Vitamin C works synergistically with Vitamin E that is, when these vitamins work together, they have greater effects than when they work separately. Vitamin C is essential in the formation of collagen; this binds cells together and is crucial to corneal healing. If there is a lack of vitamin C fueling the formation of new collagen, the eye will lose out. The amount of Vitamin C in the aqueous humor is 18 to 20 times greater than the amount of Vitamin C in the blood.

Vitamin E is also an antioxidant and aids in preventing cataracts. Vitamin E can help prevent macular degeneration and plays an important role in the health of the retina. Studies have found that Vitamin E could stop the growth of, and possibly reverse, the damage caused by cataracts.

Vitamin B2 alleviates eye fatigue and is important in the prevention and treatment of cataracts.

Zinc: Sufficient intake and absorption of zinc is needed to maintain the proper concentration of Vitamin E in the blood. In addition, zinc increases the absorption of vitamin A. Deficiencies in zinc may include impaired night vision. Supplementation reduces visual loss and macular degeneration.

Selenium is a vital antioxidant and helps prevent cataracts. Visual acuity improved in patients with macular degeneration especially when combined with Vitamin E. Selenium plays an important role in the retina, and a deficiency appears to accelerate age changes in the retina.

N-acetyl-cysteine (NAC) has antioxidant activity and prevents cataracts and other degenerative changes in the eye.

Rutin acts as an antioxidant. It also acts as a free radical scavenger and has antiinflammatory therapeutic effect.

Bilberry is a fruit that is a potent antioxidant, combined with beta carotene improves night vision and enlarges visual field. Bilberry strengthens the capillaries in the retina, which helps slow macular degeneration. It also improves night vision and adaptation in the dark, visual acuity, and capillary integrity which reduces hemorrhage in diabetic retinopathy.

Green Tea Extract: the healthful effects of green tea is attributed to compounds called polyphenols, these are found in many fruits, vegetables, and other herbs that exert beneficial antioxidant properties. Some constituents in green tea even promote the activity of our own naturally occurring antioxidants. When treating cataracts and glaucoma we find a relationship between nutrition and vision. For prevention of both disorders, we recommend a diet consisting of unrefined, natural foods, in addition to taking eye support. Conversely, refined, processed, and junk foods may contribute to the development of cataracts and glaucoma, along with stress, alcohol, caffeine, sugar, and smoking, all of which deplete essential nutrients.

SUGGESTED DOSAGE: Take as directed.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.