

Eye Health

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

Good nutrition is always a wise foundation, including core nutrients in Super Trio and an antioxidant formula, such as Thai Go (blend of eleven super fruits providing excellent antioxidant ORAC value). Antioxidants help fight free radicals, which damage proteins within the eye, as well as oxidative stress and inflammation that is associated with most age-related eye disorders.

Protecting eye health is essential to quality of life, to drive, to read a newspaper or book, to watch a show, to read a text message or directions, and more. Supplements can help prevent or slow the development of these diseases.

- **Lutein** - a primary carotenoid found in the macula and retina. Studies show that this antioxidant slows the progression of macular degeneration; and individuals who took lutein supplements reduced the progression of cataracts by 32%.
- **Zinc** - a mineral which helps maintain the health of the retina, cell membranes, and protein structure of the eye. Zinc allows vitamin A to travel from the liver to the retina to produce melanin, a pigment that protects the eyes from ultraviolet (UV) light. According to the American Optometric Association, taking 40–80 mg of zinc per day, along with antioxidants, could slow the progression of advanced macular degeneration by 25%; and reduce vision loss by 19%.
- **DHA** - focuses on eye & brain health, and is a first choice for many dry eye conditions. In the retina, DHA increases mitochondrial activity and has antioxidative, anti-inflammatory, antiapoptotic (preventing cell death) effects, showing benefit with retinopathy and macular degeneration.
- **Omega 3's and Flax oil** - also similarly beneficial.
- **Bilberry** - aids retinopathy due to the anthocyanosides (blue-red pigments in berries) helping protect the retina. Bilberry has also exhibited protective effects against macular degeneration, glaucoma, and cataracts. Fun fact, in World War II, British Air Force pilots consumed bilberry jam before they took off to help their night vision.
- **Perfect Eyes** - a supplement that combines many important ingredients to protect, as well as strengthen the eye based on the Age-Related Eye Disease study (AREDS) - Vitamin A (beta-carotene), vitamin C, zinc, selenium, copper, lutein, zeaxanthin, apple fruit, carotenoid blend (alpha-carotene, lycopene, cryptoxanthin), turmeric root, green tea, bilberry, N-acetyl cysteine, taurine, quercetin, grape seed, & olive leaf. This carotenoid-rich formula follows the AREDS study findings from 2001 and 2006. The first study found that a blend of vitamins C and E, beta-carotene, zinc and copper helped reduce the risk of progression on Age-related Macular Degeneration (AMD) by 25% in five years. The second study added lutein, zeaxanthin and omega-3 fatty acids to the mix for added benefits. An extra benefit in this formula also helps protect against blue light, enhancing its protection of your eyesight.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

