

# Eye Health

**Harmony & Health**

**(812)738-LIFE(5433)**

**Quality Products for Health**

**[www.harmony4health.com](http://www.harmony4health.com)**

**[www.facebook.com/harmony4health](https://www.facebook.com/harmony4health)**

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 many age-related eye diseases.

The Age-Related Eye Disease Study (AREDS) are major clinical trials designed to learn more about the risk factors of age-related macular degeneration (AMD) & cataract and to evaluate the effect of vitamins on the progression of these eye diseases. AREDS scientists showed a 25% reduction in development of advanced AMD when taking a combination of antioxidants + zinc + copper, which are the basis of many eye formulas, such as Perfect Eyes.

Besides age, we now have blue light straining our eyes. To mitigate the negative effects of blue lights, consider taking frequent breaks, limiting screen time, especially before bedtime, utilizing blue light protection glasses, and taking supplements to protect the eyes.

## **Supplements for eye health:**

**Lutein, Astaxanthin, and Zeaxanthin** are carotenoids found in plants and in our macula & retina, that have been shown to block the blue light from reaching the underlying structures in the retina, thereby reducing the risk of blue-light-causing diseases. It is linked with providing better vision, especially in dim light or where glare is a problem. Studies have also shown that Lutein and zeaxanthin may reduce the risk of age-related macular degeneration and improve visual function in people with early stages of the disease. One study showed individuals who took lutein daily 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.

**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 ate bilberry jam before they took off to help night vision.

**Perfect Eyes** - combines many of the above ingredients to protect, as well as strengthen the eye based on the ARED study, including: Vitamin A, C, zinc, selenium, copper, lutein, zeaxanthin, carotenoid blend (alpha-carotene, lycopene, cryptoxanthin), turmeric root, green tea, bilberry, N-acetyl cysteine, taurine, quercetin, grape seed, & olive leaf. An extra benefit in this formula also helps protect against blue light, enhancing its protection of your eyesight long-term.

**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.



***Building Better Health Naturally***