Just as changes occur in our bodies as we age, our eyes also change through the years. Taking a proactive approach to eye health can keep eyes healthy. An article from the National Eye Institute (NEI) offers the following steps for maintaining healthy eyes well into your golden years. (The NEI is part of the National Institutes of Health.)

- **Get a comprehensive dilated eye exam.** The only way to be sure your eyes are healthy is to visit an eye care professional for a comprehensive dilated eye exam. When it comes to common vision problems, some people don’t realize they could see better with glasses or contact lenses, according to the NEI. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages, according to the NEI.

- **During a comprehensive dilated eye exam, drops are placed in the eye to widen the pupil and allow more light into the eye.** The eye care professional is able to get a good look at the back of the eyes and examine them for any signs of damage or disease. These professionals are trained to determine if your eyes are healthy and if you’re seeing your best.

- **Know your family’s eye health history.** It’s important to know if anyone in your family has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

- **Eat right to protect your sight.** Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale or collard greens, is important for keeping eyes healthy. Research also has shown eye health benefits associated with eating fish high in omega-3 fatty acids, such as salmon, tuna and halibut.

- **Maintain a healthy weight.** Being overweight or obese increases the risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma.

- **Wear protective eyewear.** Protective eyewear is important when required at work or when playing sports or doing activities around the home. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.
Most people experience vision loss with advancing age; however, the right nutrients may increase chances of beating vision loss. All of the essential eye-health nutrients listed below are in Vision Power.*

**Lutein 15 mg**
Important for a healthy retina and macula.*

**Zeaxanthin 1110 mcg**
This powerful carotenoid may help protect the lens of the eye from years of exposure to oxygen and light.*

**Bilberry 321 mg**
Bilberry may help improve night vision and ease eye strain, nourish eye tissue and support healthy circulation in the eye.*

**Schisandra berry 240 mg**
May help eyes adapt to the dark and reduce incidence of tired, inflamed eyes.*

**Ginkgo biloba 80 mg**
An antioxidant that may promote healthy blood circulation to the eyes.*

**Carrot root powder 390 mg**
Rich in natural carotenoids that may help fight free radicals that cause eye damage.*

**Eyebright 90 mg**
Folk tradition used for centuries to possibly help eye strain, relieve runny, sore, itchy eyes.*

**L-Glycine 90 mg**
May help support healthy lenses by eliminating excess sugars in the eye.*

**Lycopene 4 mg**
A potent carotenoid antioxidant, lycopene may be effective in protecting the eyes from free radicals. Low levels of lycopene correlate with a higher risk of macular degeneration.*

**Alpha lipoic acid 60 mg**
This “universal antioxidant” shows promise to regenerate other antioxidants that may help protect the eyes.*

**Quercetin 300 mg**
Nutritional support that may protect eyes from harmful UV radiation.*

**Carotenoids 2,250 I.U. of Vitamin A** (from D. salina, natural source of betacarotenoids) May help promote night vision, keep macular tissue healthy.*

**N-acetylcysteine 250 mg**
Possible immune system support antioxidant that filters out UV light.*

**L-taurine 750 mg**
Possible support to help strengthen retina cells, shield the lens against oxidation and protect the eyes from harmful UV light.*

**Vitamin C 75 mg**
Studies suggest vitamin C may help delay age-related macular degeneration.*

**Triphala complex 150 mg**
Widely used to improve eye health.*

**L-glutathione 10 mg**
The primary antioxidant of the eye’s lens that may help protect against oxidative damage.*

**Spinach, kale, tomato, broccoli 1115 mg**
Whole food eye-health blend providing nature’s source of eye nutrients including carotenoids.*
Continued from page 1

Simple Steps Can Protect Eyesight

- Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract and optic nerve damage, all of which can lead to blindness.

- Wear sunglasses. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for those that block 99 to 100 percent of both UV-A and UV-B radiation.

- Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can become fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

- Clean hands and contact lenses properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out contact lenses. Make sure to disinfect contact lenses as instructed and replace them regularly.

Foods Offer Nutrients for Eye Health

Carrots may be the food best known for helping your eyes. But other foods and their nutrients may be more important for keeping eyesight keen as you age, according to an article on healthy aging in the online publication WebMD.

Vitamins C and E, zinc, lutein, zeaxanthin and omega-3 fatty acids all play a role in eye health. According to WebMD, these nutrients can help prevent cataracts, or clouding of the eye lens. They may also fight the most-likely cause of vision loss when you’re older: age-related macular degeneration (AMD).

“It’s always best to get the nutrients we know help vision from foods,” said Elizabeth J. Johnson, PhD., a research scientist and associate professor at Tufts University in Boston.

Here are some powerhouse foods for healthy eyes.

Spinach and Kale
Antioxidants protect against eye damage from things such as sunlight, cigarette smoke and air pollution. These leafy greens are loaded with lutein and zeaxanthin. Kale has double these nutrients. Collard greens, broccoli and bright-colored fruits like kiwis and grapes also supply antioxidants.

Grapefruit, Strawberries and Brussels Sprouts
Vitamin C is a top antioxidant. Eat half a grapefruit and a handful of Brussels sprouts or strawberries (one-half cup) a day. Papaya, oranges and green peppers are other good sources.

Seeds, Nuts and Wheat Germ
Vitamins C and E work together to keep healthy tissue strong. A small handful of sunflower seeds, or a tablespoon of wheat germ oil in salad dressing provides a big boost.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Please check with your physician when using prescription medications in combination with food supplements.

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Vitamin Organizer

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Best Sellers Catalog

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