

Is Macular Degeneration A Concern? Then Get Protection Now!

Macular degeneration and cataracts are both common eye diseases as we grow older. A major factor affecting eye health is free-radical damage. That's why research consistently points to antioxidants as critical to eye health.

Some basic antioxidants are certainly important—vitamins A, C, E, selenium, and zinc. However, there are some other important allies when it comes to eye health.

Lutein and zeaxanthin are becoming quite well-known for supporting vision and eye health. As carotenes (antioxidants), lutein and zeaxanthin are concentrated in the macula, the area of your retina that allows you to see fine details.

Ohio State University researchers have found that “lutein and zeaxanthin were nearly 10 times more powerful than vitamin E in protecting the cells in the eye from UV-induced damage.”

However, your body cannot manufacture lutein and must rely on dietary sources for this vital antioxidant. Lutein and zeaxanthin are found in variety of fruits and veggies.

Dark leafy greens contain good amounts of lutein, yet have low zeaxanthin content. Lutein is highest in corn. Zeaxanthin is richest in orange bell pepper. And, kiwi fruit, grapes, and the squashes have substantial amounts of both lutein and zeaxanthin.

Still, many diets are woefully inadequate in supplying these important antioxidants. Thus, many eye doctors are starting to recommend supplemental lutein and zeaxanthin from an unexpected source: marigolds, the source for the popular branded form

of lutein, FloraGLO™.

Natural protection for your eyes also comes from anthocyanins, typically in the form of bilberry extracts. As bioflavonoids, anthocyanins not only create protective violet-blue hues in flowers and plants, they also have an affinity for a part of the retina called the “retina pigmented epithelium” or (RPE). Supplemental bilberry helps protect your retina and also boosts oxygen and blood supply to your eyes.

And, taurine is yet another important agent in eye health. Taurine is an amino acid found concentrated in your retina, and deficiencies contribute to retinal damage. Taurine is found mostly in meat and fish, but also comes from seaweed, the source for many supplements which require “vegetarian” formulations!

To cover the basics, you should consider taking a daily antioxidant formula, such as our *Sam's Advanced Antioxidant*, along with a formula especially for your eyes, such as our vegetarian *Eye Protection*, which includes FloraGLO™ lutein and zeaxanthin, bilberry, and taurine.

Cindy Marteney is the president of Our Health Co-op, which focuses on healthy aging and making high-quality dietary supplements affordable, especially for those with limited means. Our Health Co-op was recognized by SupplementQuality.com as a “quality vendor” in 2004. Write to cindy@ourhealthcoop.com. Learn more at www.ourhealthcoop.com or call 561.656.4011.



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