
Daily Eye-Vite combines the most important nutritional factors for maintaining optimal eye health into a two capsule per day supplement. Age-related vision impairment can be related to poor nutrition. Eye-Vite is formulated to take advantage of the most recent developments in vision research and is the first eye product to combine GABA with lutein and zeaxanthin in dosages that are physiologically relevant.

Dosage: Two capsules per day of Daily Eye-Vite provides the optimal dosage of 8 vision-related nutrients. It is best to take the capsules with a meal, but they can be taken any time. As with most nutrients, the nutrients in Eye-Vite are better absorbed if doses are divided. Ideally, take one capsule in the morning and one in the evening.

Active Ingredients: Eye-Vite is a blend of 8 natural ingredients known to be essential for optimal eye health. Each ingredient is supplied in the dose that modern research has demonstrated to be most beneficial.

GABA: (Gamma amino butyric acid, 500 mg per 2 capsules) GABA is a non-protein amino acid that functions as a neurotransmitter.

Lutein: (From marigold extract, 15 mg per 2 capsules) Lutein is a carotenoid widely distributed in egg yolk and plants in small amounts. Although lutein is a carotenoid it is not converted to vitamin A.

Zeaxanthin: (From marigold extract, 5 mg per 2 capsules) Zeaxanthin is a similar carotenoid to lutein, and is also found in egg yolk and plants. Also like lutein, zeaxanthin is not converted to vitamin A.

Lycopene: (From tomato extract, 5 mg per 2 capsules) Lycopene is a carotenoid found in ripe fruit, especially tomatoes. Lycopene is a potent antioxidant that, like lutein and zeaxanthin, is not converted to vitamin A.

Beta Carotene: (From natural mixed carotenoids, 5,000 IU vitamin A activity per 2 capsules) Beta carotene is converted to vitamin A.

Zinc: (From zinc sulfate, 15 mg per 2 capsules)

Vitamin E: (natural d-alpha tocopherol, 200 IU per 2 capsules) A natural lipid antioxidant.

Bilberry Fruit Extract: (Extract of *Vaccinium myrtillus* standardized to 25% anthocyanadins, 60 mg per 2 capsules) Bilberry is rich in several powerful antioxidants such as anthocyanadins as well as bioflavonoids.

Inactive Ingredients: Inactive ingredients (excipients) present in Eye-Vite are used to keep the active ingredients in a semi-liquid evenly dispersed form to maximize bioavailability.

Lecithin: Derived from soybeans, helps keep the water and oil soluble components evenly dispersed.

Medium Chain Triglycerides: Natural oils that help disperse the lipid nutrients in Eye-Vite.

Glycerolmonostearate: Stearic acid (a natural fatty acid) esterified to glycerol, used as an emulsifier.

Vegetarian Capsules: Size 00, made from plant derived cellulose.

Description: Daily Eye-Vite is a semi-liquid supplement in a sealed two piece vegetarian capsule. The contents of the Eye-Vite capsule form a dark viscous material similar to molasses in appearance. Each bottle contains 60 capsules (a 30 day supply). Eye-Vite is packaged in dark green PET plastic bottles with an inner freshness seal and outer tamper-evident band.

Precautions: Persons using valium or other benzodiazepines should consult their physician before using Eye-Vite since those drugs potentiate GABA action in the brain. Because of the GABA in Eye-Vite, using Eye-Vite with benzodiazepines may be contraindicated.

Protecting Vision With Nutrition

Daily Eye-Vite offers the most complete nutritional vision protection of any product currently on the market. Many products offer good protection against macular degeneration, but most people will never suffer from severe effects of macular degeneration even without eye supplements. While Eye-Vite provides optimal doses of the nutrients needed to protect against macular degeneration, it goes well beyond that to provide nutritional vision support that will benefit everyone who uses it. Aging is known to result in decreases in visual acuity, and motion, contrast and wavelength sensitivities. One of the best ways to prevent these age-related decreases in visual acuity may be to take the first ingredient in Eye-Vite—GABA.

GABA: GABA (gammaaminobutyric acid) is the most important inhibitory neurotransmitter in the brain. Age related declines in GABA-dependent signaling may be responsible for age-related declines in visual acuity. A group from the Utah School of Medicine reported in *Science* magazine that vision was restored to nearly youthful levels in old macaque monkeys by applying small amounts of GABA directly into neurons of the brain.¹ GABA is such an important neurotransmitter that the study has possible implications for age-related neurological decline in general. Because part of the problem may be age related decline in the biosynthesis of GABA oral administration may work as well, but slower. As the authors said: "... the application of GABA and its agonists has important implications for the treatment of the sensory, motor, and cognitive declines that accompany old age".

Lutein & Zeaxanthin: Of all eye protective nutrients lutein and zeaxanthin have the strongest research support for efficacy. The macular region of the retina is yellow in color due to the presence of the two carotenoid pigments, lutein and zeaxanthin. These pigments absorb blue light thereby protecting the photoreceptor cell layer from light damage.² Low serum levels as well as low dietary intake of lutein and zeaxanthin were demonstrated to be associated with increased risk of macular degeneration in the Eye Disease Case-Control Study Group study.³ The amount of lutein in the retina is not age-related⁴, but rather, is related to dietary intake; supplementation with lutein has been shown to increase retinal optical density of pigments in the macula as well as serum lutein concentrations⁵.

Lycopene: Lycopene is a deep red carotenoid found in tomatoes. People usually think of lycopene as something to prevent cancer and heart disease, however, lycopene is also very important for eye health. Lycopene was shown to prevent oxidative stress induced cataracts in rats. In that study 100% of the control rats developed cataracts compared to only 35% of the lycopene supplemented rats⁶. Cataracts may be formed by oxidative links formed between sulfur amino acids of proteins making up the lens of the eye. These disulfide crosslinks between proteins make the lens cloudy impairing vision. Antioxidants like lycopene may offer protection by preventing or possibly reversing the oxidative process. Lycopene is more bioavailable from supplements or cooked tomato products than from fresh tomatoes⁷.

Beta Carotene: Beta-carotene is the carotenoid most efficiently converted to vitamin A. Although beta carotene is converted to vitamin A, it is non-toxic, unlike vitamin A itself since the body does not make the conversion if it would cause toxicity. Vitamin A deficiency is one of the

major causes of blindness worldwide⁸, but it is rare for people in developed countries to be sufficiently deficient to go blind. Nevertheless, sub-clinical vitamin A deficiency may result in impaired night vision and good vitamin A status is important for good visual health.

Zinc: The National Eye Institute investigated the protective effects of zinc with and without antioxidants against age-related macular degeneration and vision loss⁹. Their conclusion: "Results from the AREDS showed that high levels of antioxidants and zinc significantly reduce the risk of advanced age-related macular degeneration and its associated vision loss".

Vitamin E: Vitamin E was one of the eye protective antioxidants used in the AREDS study cited above⁹. Another study found that people with high plasma levels of vitamin E had approximately half the risk of developing cataracts as did people with lower levels¹⁰. Interestingly, beta carotene and vitamin C were not helpful in reducing the risk of cataracts, although they have been shown to protect against macular degeneration, demonstrating that different antioxidants have different protective roles.

Bilberry: Bilberry has a history of use for vision improvement. Some reported benefits are prevention of diabetic retinopathy and betterment of night vision. Bilberries are rich in anthocyanins, powerful antioxidants that are presumed to be the active components. The German Commission E report states that Bilberry is indicated for poor night vision, cataracts, & glaucoma.

References

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