

General vitamins for the eye

While the AREDS study being a randomised controlled trial only looked at vitamins for patients with macular degeneration questions are often asked whether not vitamins for other conditions are any benefit. Unfortunately there is a lack of clinical trials in this area and one can only extrapolate the benefit of the AREDS study to other conditions as well. I do not think that there is sufficient evidence in other conditions to recommend the AREDS formulation which has a very high level of vitamins above the levels that are normally recommended.

Thus it is much a personal choice whether to supplement your diet with additional vitamin is in other conditions which bear similarity to macular degeneration. There is logic and science behind why vitamins benefit the retina. Zinc is used in the transduction process within the photoreceptors, vitamins C and E and are antioxidants and with the toxicity of light producing free radicals these vitamins cataract the toxicity effect of free radicals which can damage the cell membranes. Omega three vitamins are clearly been shown to reduce inflammation while additional supplement of lutein have also shown that one can increase luteal pigment within the retina.

Thus it is not unreasonable to take a broad spectrum vitamin supplementation should you have a retinal condition. One such vitamin that is popular is OcuVite complete containing in lower levels the vitamins that are actually been used in the AREDS two trial. However it is a commitment that when one starts taking the vitamins this really is a lifelong supplementation to your diet. Thus until further studies are complete it is very much a personal choice but I do recommend in certain circumstances the people that have damaged to the deeper layers of their retina a broad spectrum vitamin.

Mr. Nicolas Lee 2011

Ocuville® Range

A healthy diet, high in vitamins, minerals and omega-3 fatty acids has long been recognised as essential for maintaining the health of your eyes. Ocuville® Complete is an advanced supplement, formulated to provide nutritional support for the eye based on the most current research. Ocuville® Complete contains high quality omega-3 fatty acids, lutein, zeaxanthin, vitamins C & E, and zinc. It is an advanced antioxidant formulation that has been developed by Bausch & Lomb based on the most current research in eye health and nutrition.

The macula is critical to your sharp central vision required for activities such as reading, driving, and recognizing people's faces. Of the 600 carotenoids in nature, the macula selectively absorbs only lutein and zeaxanthin. Lutein acts as an antioxidant, helping protect the macula by scavenging free radicals and acting as a filter for harmful blue light. Unfortunately, as we age, lutein is depleted and must be constantly replaced. Ensuring that your daily intake of lutein is adequate to help maintain healthy vision is important. Ocuville® Complete contains 10mg of lutein and 2mg of zeaxanthin.

There are three major types of omega-3 fatty acids which the body needs: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Once eaten, the body converts ALA to EPA and DHA, the two types of omega-3 fatty acids more readily used by the body. For the retinal tissue, DHA is particularly important because it is a major structural constituent of the photoreceptor outer-segment membranes and it is thought to be essential to the function of photoreceptor cells. When shopping for an omega-3 product for eye health, it is important to compare products by checking the DHA content reported on the label so that you are not paying for and consuming a large pill each day with little nutritional benefit for your eyes. Ocuville® Complete contains a daily dose of 360mg of DHA (in 500 mg of omega-3 fish oil).

Ocuville® Complete delivers a rich source of omega-3 fatty-acids, lutein, zeaxanthin, and essential vitamin and minerals which together help maintain healthy eyes and therefore is suitable for those individuals who are concerned about age-related changes.

We should all try to make sure our diet contains enough oily fish, fresh fruit and vegetables, but for those times when there may be shortfalls Ocuville® Complete offers a practical approach to help supplement the diet. The range of carotenoids, omega-3 fatty acids, vitamins, and minerals that have been shown to work together to maintain eye health are found in Ocuville® Complete at levels that are not always achievable from an average Western diet. To get an idea of what you would need to eat in a day to get the level of nutrition for your eyes provided by Ocuville® Complete [click here](#).



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