

# Eye Health in 2015



Do you know that many people are more afraid of losing their vision as they age than worry about arthritis, alzheimer's or other conditions related to aging? Yet, many people take nutritional supplements for a variety of health reasons, and forget to feed their eyes to preserve their vision.

Because nutrition plays a major role, and because your eyes are an important part of your feelings of well-being, we have recommendations for you.

Ultra Preventive is an All-In-One complete vitamin and mineral formula. It just makes sense to cover ALL the essential nutritional bases. Here is a recap of how some of the ingredients have been shown to benefit the eyes:

1. High B-Vitamins - especially high Folic & high B12 - important in transmethylation, which improves response to supplementation. Again, difficult to achieve in the eyes
2. Vitamin C and Vitamin E - antioxidants
3. Vitamin A (not beta carotene) - prevent dry eye, night blindness, moderate to severe loss of color vision
4. Vitamin D - lessen the chance of developing, or slow progression of AMD. Use with Calcium to improve myopia
5. Magnesium - 78% of all retinal action needs magnesium
6. Selenium - an antioxidant used to prevent AMD (age-related macular degeneration)
7. Zinc - proven to decrease the incidence and progression of AMD
8. Copper - needed to balance zinc
9. GTF chromium helps control Diabetes mellitus and Insulin Resistance. This helps control diabetic retinopathy. There appears to be a link between low levels of chromium and the risk of glaucoma
10. Lycopene (aka lycopene) for natural carotenoid pigment development (carotenoids, zanthophylls, zeaxanthin, lutein)
11. Citrus Bioflavonoid complex - improve the function of blood vessels
12. Potassium - used to treat blurred vision
13. NO Iron. Iron should not be supplemented unless there is a known need for iron.
14. Calcium, Iodine, Biotin, Manganese, Molybdenum and Boron are provided for overall nutritional support.
15. **Spirulina** - one of the most complete food sources in the world, with over 100 types of nutrients - more than any grain, plant or herb. Spirulina contains naturally occurring Zeaxanthin. In addition it provides GLA, SOD, macro & micro minerals, Amino Acids, phyto-nutrients: Phycocyanin, Chlorophyll, Mixed Carotenoids, Polysaccharides, Sulfolipids, and Anti oxidants.

## *More Recommendations for Eye Health*

### **Opti-PUFA**

- Fish Oil - Helps the Eyes (and the rest of the body) by increasing the blood supply to the eyes while supporting the brain and overall body health.
- Black Currant seed oil increases the effectiveness of fish oil.

Open-angled glaucoma is one of the leading causes of blindness in the US. Using Opti-PUFA may decrease interocular pressure and minimize this risk.

Studies have shown that intake of fatty fish (like Salmon) reduces the risk of Age-Related Macular Degeneration (AMD). If you do not consume 2-3 serving per week of fatty fish, an appropriate fish oil supplement *is recommended*.

Since essential fatty acids, such as those found in **Opti-PUFA**, are by far the major class of fatty acids found in the retina, there is even more incentive to include this product in a daily routine. Many of the antioxidants mentioned above protect these fatty acids.

\* \* \* \* \*

*Results of the Age Related Eye Disease (AREDS II) study, conducted by NIH's National Eye Institute.*

Some antioxidant vitamins and zinc lowered the risk of AMD. **Note:** only some antioxidants and nutrients were studied. There are many nutrients that are essential to eye health that were not included in the AREDS studies, such as those listed in Ultra Preventive.

Per the AREDS II study, the eye-friendly nutrients are said to be the xanthophylls lutein and zeaxanthin, plus vitamin C, vitamin E and Zinc. If you are at risk for AMD, check out Ultra Vision - our source for natural Zeaxanthin, Lutein and Vitamin C. The use of this product is recommended in addition to Ultra Preventive and Opti-PUFA.

Xanthophylls cannot be made by the body. They must be in the diet (dark leafy green and colorful fruits and vegetables) or nutritional supplements. Their presence has a positive effect on AMD, cataracts, dry eye, open-angled glaucoma & diabetic neuropathy. Lycopene is a key intermediate in the biosynthesis of xanthophylls.. There is a link between xanthophylls and higher levels of Macular Pigment Optical Density (MPOD), along with less risk for AMD

Many studies have shown that other nutrients may also be beneficial. In addition to Ultra Preventive, consider adding 400 IU vitamin E and 500 mg or more vitamin C. Alpha Lipoic acid is a powerful antioxidant, and one of three ingredients in Ultra DM Complex (formulated for Diabetes) Control of Type II diabetes and insulin resistance is vital for eye health.

Recommended per Joe Monday: two other products for consideration if you have wAMD (wet macular) are Veintonic and InflammEase, since two of the problems that are carefully watched in persons with wAMD are vein fragility and inflammation in the eye.

The AREDS II study "...clarifies the role of supplements in helping prevent advanced AMD, an incurable, common, and devastating disease that robs people of their sight and independence." However, it only clarifies the role of the supplements studied.  
<https://www.nei.nih.gov/news/pressreleases/050513>

Dr Jones' [Vision Protocol](#) includes detail information on how supplements can be used to prevent or slow progression of age related eye diseases.

Visit [jjConsulting.net](http://jjConsulting.net) for all Dr Jones' information

*These statements have not been evaluated by the FDA.  
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