



## VisionBlue<sup>SM</sup>

### Feast your eyes on antioxidants

#### Enjoy a healthy helping of these eye-friendly nutrients

Eating foods chocked-full of antioxidants such as leafy greens, legumes, nuts and cold-water fish keeps our bodies healthy. Antioxidants are also known to prevent certain diseases such as cancer and coronary heart disease, and help maintain our vision.

#### 6 eye-friendly nutrients

- **Lutein and Zeaxanthin** – Found in green, leafy vegetables and other foods such as eggs. Studies have shown that these antioxidants reduce progression of macular degeneration, when taken in combination with other vitamins and antioxidants, in some individuals. There is a belief that it may prevent onset, however this has not been proven.
- **Vitamin C** – Common in fruits and vegetables. Studies have shown that this vitamin can reduce progression of macular degeneration when taken in combination with other vitamins and antioxidants, in some individuals. There is a belief that it may prevent onset, however this has not been proven.
- **Vitamin E** – A powerful antioxidant found in nuts, fortified cereals and sweet potatoes. It protects cells of the eye from free radicals (negatively charged molecules that are said to be linked to several degenerative diseases and cancers).
- **Essential Fatty Acids** – Omega-3 fatty acids high in EPA/DHA have been shown to be important for proper visual development and retinal function. Omega 3s can be found in cold water fish, however they are most often added to the diet as a supplement.
- **Zinc** – Found in oysters, white beans and beef, this mineral is said to be the “helper molecule.” It plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the macular area of the retina.

#### Feed your vision

Good vision is part of a healthy lifestyle. Researchers have linked eye-friendly nutrients such as EPA/DHA, lutein/zeaxanthin, vitamin C, vitamin E and zinc to reducing certain eye diseases, including macular degeneration and cataract formation.

Learn more about taking care of your eyes at [eyesiteonwellness.com](http://eyesiteonwellness.com)





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