

Eye Health

It's been said that the eyes are the window to the soul. It also can be said that they are the body's window to the outside world and our primary sensory organ. The human eye is the most complex organ in the body, second only to the brain, and can process 36,000 bits of information each hour and over 24 million images in an average lifetime. Because we rely upon our vision so heavily, maintaining healthy eyes is essential.

More than any other tissue in the body, the eye is continually exposed to harmful light and oxygen damage. Many healthcare professionals believe that vitamins, minerals and other nutrients can play a crucial role in helping to protect the eyes from this damage. The AREDS II (Age Related Eye Disease Study) trial, a large trial looking at the use of supplements and eye health, found that certain key nutrients can help protect the eye, especially in certain at-risk populations.

Nutrition

Omega-3 fatty acids (EPA and DHA) are essential for vascular health in both the eyes and brain.

A Mediterranean diet has many of the naturally occurring vitamins and mineral needed for eye health:

- Antioxidants such as vitamin C, zinc and selenium.
- Lutein and zeaxanthin are found in brightly colored vegetables, such as corn, spinach and kale.

Supplements

Vision Health Support Ultra provides the same ingredients and amounts that were studied in the AREDS II trial.

[Ocular Defense Plus](#) – an extraordinary combination of nutrients, lutein, riboflavin and beta carotene for comprehensive support of eye function and oxidative support.

[MesoVision](#) – MesoVision, a proprietary blend offered by PhysioLogics, combines three of the most renowned carotenoids for promoting visual acuity. Lutein, Meso-Zeaxanthin and Zeaxanthin are dietary carotenoids that help promote the health of photoreceptors in the eye to support vision maintenance. This formula is designed to provide similar ratios of these pigments found in the human retina.*

[Pycongenol](#) - Super antioxidant to support circulatory health, joint function, immune system, eye health and supports blood sugar metabolism.

[Ocular Defense Plus](#) - PhysiLogics Ocular Defense Plus delivers an extraordinary combination of nutrients, including Lutein, Riboflavin, and Beta-Carotene for comprehensive support of eye function and antioxidants Vitamins C, Vitamin E and Selenium for oxidative support.*

[EPA/DHA 950 mg](#)

*The information provided is not meant as a replacement for a physician's care.
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*