

# Proper nutrition is critical to eye health...

...so, watch what you eat because little dietary changes can have a big impact on your eyes. Our bodies don't create all the nutrients we need, so it is essential to get them through our diet and/or nutritional supplements.



**See what you need:** Published research studies have identified essential nutrients (below) that promote healthy vision, improve visual performance and may reduce the risk of certain age-related eye diseases.<sup>1-10</sup>

**Know how much:** Consider the list below<sup>7,11</sup> and remember the recommended daily intake of these essential nutrients typically requires supplementation in addition to your diet.\*

- 10** **Lutein**<sup>2,3,13</sup> with Zeaxanthin **2 MG/DAY** Green leafy vegetables such as spinach, collards or kale; also corn, eggs or lutein supplements
- 1000** **DHA/EPA**<sup>4,5,13</sup> Essential Fatty Acids Fleshy fish like tuna or salmon or fish oil supplements
- 500** **Vitamin C**<sup>1,9,10</sup> Orange juice, other citrus and fortified juices, citrus fruits or Vitamin C supplements
- 400** **Vitamin E**<sup>1,9,10</sup> Nuts, salad and vegetable oils, peanut butter, fortified cereals, sweet potatoes or Vitamin E supplements
- 25-80** **Zinc**<sup>\*1,6</sup> Red meat, poultry, oysters, fortified breakfast cereals, nuts, baked beans, milk or multivitamin/mineral supplements

\* The 25 – 80 mg zinc dosage is for people diagnosed as being at high risk for age-related macular degeneration (AMD) or experiencing early-stage AMD. The recommended dietary allowance (RDA) for zinc is 11 mg for men and 8 mg for women. High doses of zinc may cause stomach upset. Also, zinc supplementation has been known to interfere with copper absorption, so 2 mg/day of copper is strongly recommended for people supplementing their diet with zinc. Excellent sources of copper are mixed nuts, sunflower seeds, and beans.<sup>11</sup>

This information was brought to you by:



Make sure to consult your eye doctor before beginning a new nutrition regimen, including when it changes your dietary supplement usage.

# Lutein is an essential eye nutrient.



The #1 Doctor Recommended  
Lutein Brand\*

10  
MG/DAY

**Most everyone needs more lutein.** The daily dosage supported by clinical trials is 10 mg. However, as Americans typically only consume 1-2 mg of lutein per day,<sup>12</sup> lutein rich foods and nutritional supplements are available to bridge the gap.

Look for the following nutritional supplements containing the FloraGLO® Lutein ingredient brand in a range of doses.

FloraGLO brand lutein (mg per serving)

Alcon ICAPS Lutein & Zeaxanthin Formula 4 mg  
Alcon ICAPS MV Multivitamin Formula 6.67 mg lutein / 3.33 mg zeaxanthin

Allergy Research Group Lutein 20 mg

Bausch & Lomb OcuVite Adult 2 mg  
Bausch & Lomb OcuVite Adult 50+ 6 mg  
Bausch & Lomb PreserVision Lutein 10 mg in 2 softgels daily

Botanic Choice Opti Gold 15 mg

Bronson Lutein 20 mg

Carlson Able Eyes 6 mg

Cooper Eye Health Formula 10 mg

Country Life Lutein 20mg

Equate Vision Formula (Walmart) 2 mg

Fortifeye Complete Macular Defense 30 mg  
Fortifeye Complete Plus 20 mg  
Fortifeye Complete One-A-Day 10 mg

GNC Natural Brand Lutein 20 mg

Inno-Vite 15 and 25 mg (Canada only)

Inno-Vision 10 mg (Canada only)

MedOp MaxiVision Eye & Body Formula 10 mg  
MedOp MaxiVision Ocular Formula 20 mg  
MedOp MaxiVision Whole Body Formula 20 mg

Natrol Advanced Eye Support 25 mg

Natural Factors Lutein 18 and 20 mg  
Natural Factors Vision Factors 7.5 mg

Nature Made 20 mg

Nature's Bounty Lutein 6, 20 and 40 mg

Nature's Plus Advanced Therapeutics Lutein Rx-Eye 20 mg  
Nature's Plus Ultra Lutein 20 mg

Nature's Sunshine Lutein 10 mg

NOW Clinical Strength Eye Support 10 mg

Nutricology Lutein 20 mg

Pure Essence Labs Vision Cellular Support System 10 mg

Purity Products Perfect Multi Super Greens 10 mg

Real Health Laboratories Vision Formula 6 mg

Science Based Health MacularProtect Complete 10 mg  
Science Based Health MacularProtect 10 mg  
Science Based Health OcularProtect 7 mg

Solgar Lutein Carotenoid Complex 15 mg

Source Naturals Lutein 6 and 20 mg

Swiss Herbals Lutein 20 mg (Canada only)

TwinLab Lutein 20 mg  
TwinLab OcuGuard Plus with Lutein 20 mg

Vitalux Plus Omega 3 with Lutein 10 mg (Canada only)  
Vitalux AREDS with Lutein 10 mg (Canada only)

Vitamin Science Visi-Vite i-Defense Formulas 10 and 15 mg

Vitamin Shoppe Lutein 6 and 20 mg  
Vitamin Shoppe Occu-Plus with Lutein 10 mg

Viteyes AREDS Formulas 6 and 10 mg  
Viteyes Essentials 15 mg

Webber Naturals Lutein with Zeaxanthin 10 mg (Canada only)  
Webber Naturals Super Vision Plus with Lutein 10 mg (Canada only)

FloraGLO is the most clinically researched lutein ingredient brand, is featured in AREDS2,<sup>13</sup> and is trusted by quality supplement manufacturers.

\* Based on the results of the National Disease and Therapeutic Index syndicated report among physicians who recommend a dietary supplement with lutein for eye health - Aug. 2008-Aug. 2009 (USA data).

Visit [www.aoa.org](http://www.aoa.org) for more information.

**REFERENCES:** 1.(2001). "A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8." *Arch Ophthalmol* 119(10): 1417-36. 2. Richer, S., W. Stiles, et al (2004). "Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementation in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial)." *Optometry* 75(4): 216-30. 3. Stringham, J. M. and B. Hammond (2008). "Macular Pigment and Visual Performance Under Glare Conditions." *Optometry & Vision Science* 85(2): 82-88. 4. Cho E. et al. (2001). "Prospective study of dietary fat and the risk of age-related macular degeneration." *Am. J. Clin. Nutr.* 73: 209-218. 5. Connor W. E., et al. (1992). "Essential fatty acids: the importance of n-3 fatty acids in the retina and brain." *Nutr Rev* 50(4): 21-29. 6. Grunh, B. H., P. G. Paterson, et al. (2001). "Zinc and the eye." *Journal of the American College of Nutrition* 20(2 Suppl): 106-118. 7. Meyer, B. J. et al. (2003). "Dietary intakes and food sources of omega-6 and omega-3 polyunsaturated fatty acids." *Lipids* 38(4): 391-8. 8. Christen, W. G., S. Liu et al. (2008). "Dietary carotenoids, vitamins C and E, and risk of cataract in women: a prospective study." *Archives of Ophthalmology* 126(1): 102-9. 9. Seddon, J. M., et al. (1994). "Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration. Eye Disease Case-Control Study Group." *Jama* 272(18): 1413-20. 10. Age-Related Disease Study Research Group (2007). "The Relationship of Dietary Carotenoid and Vitamin A, E and C Intake with Age-Related Macular Degeneration in a Case-Control Study. AREDS Report No. 22." *Arch Ophthalmol* 125(9):1225-1232. 11. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory, 2008. USDA National Nutrient Database for Standard Reference, Release 20. <http://www.nal.usda.gov/fnic/foodcompsearch> 12. CDC. National Health and Nutrition Examination Survey Data 2001-2002. <http://www.cdc.gov/nchs/about/major/nhanes/nhanes01-02.htm> 13. Chew, E. (2007). "Age-related eye disease study 2 protocol." National Eye Institute Protocol 07-EI-0025.