



Visionex™



Eyes bright, eyes right!

Just as you care for your body health, your fitness and your emotional health, spare a thought for the windows to your soul – your eyes!

More and more research is showing that diet and lifestyle factors plus regular health checks can help to maintain precious eye health. Here are some facts to help you focus on good eye health.

About the eye

When you look at something, what you see are the patterns of light that strike the retina, a light-sensitive layer of cells at the back of your eye. The macula is an area in the centre of the retina and this is the area where the light rays are most highly focussed and visual sharpness is greatest. The central portion of the retina contains a yellow pigment called the macula pigment. This pigment helps protect the sensitive cells from the harmful effects of blue light in sunlight.

Shield with shades!

Whatever time of year, whenever it's sunny, protect your eyes from intense sunlight. Too much sun exposure damages the delicate tissues and has also been linked with development of cataracts (clouding of the lens which affects vision). Choose good quality sunglasses which filter blue light and have 100 per cent UV protection.

Screen time and downtime

If you spend long hours working in front of a computer screen (or if leisure time means screen time) be sure to take regular breaks. Even focusing on an object in the distance can help to reduce eye strain.

Don't smoke

The noxious mix of chemicals in cigarette smoke increases free radicals and robs the blood vessels of oxygen. Cigarette smoke appears to interfere with the absorption of lutein (pronounced loo-teen), a plant pigment which protects the retina from damage caused by ultraviolet light. If you smoke, you are more likely to have low levels of lutein and this may increase your risk of age-related macular degeneration (AMD). The macula is the central point of the retina that is responsible for focused vision. Plus, the heavy metals in tobacco smoke can accumulate in the lens with direct toxic effects that may contribute to cataract formation.

What are free radicals?

Free radicals are unstable molecules that can damage cells and slow the regeneration process especially with advancing age. Of course, your body has a whole wealth of natural protective processes to guard against free radical damage. But, under certain conditions, these defences may not be strong enough.

The USANA logo, consisting of the word 'USANA' in a bold, white, sans-serif font, enclosed within a white oval border.



Ageing and AMD

Ageing causes many body changes including changes to the eye. After cataracts, age-related macular degeneration (AMD) is the second biggest cause of vision loss in the over 65s in Australasia. Macular degeneration is painless; the affected person sees dark or blurry areas in the centre of vision while peripheral vision (sight around the outside) may remain clear.

Central vision is essential for daily living tasks such as driving, reading and recognition so AMD can result in some major lifestyle challenges. AMD can be treated but currently, there is no cure.

See your optician

You can't self-diagnose eye problems such as AMD. So, regular check-ups with an optician are essential to ensure that your eyes are healthy and/or you can receive prompt treatment. Your optician will advise you about how often you should come along for an eye check.

Nourish yourself

On the plus side, healthy eating can help to protect your eyes as well as your general health.

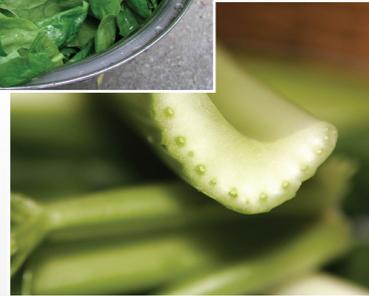
Eating fish high in omega-3 fatty acids, such as salmon, fresh tuna, and sardines has also been shown to benefit eye health. One Australian study of nearly 3,000 people aged 49 or older found that those who ate at least one serve of oily fish each week were 40 per cent less likely to develop early-stage AMD compared with people who ate it less often or not at all. Try to opt for a oily fish dish 2 or 3 times per week. Eggs are also a good choice – they contain a highly bio-available form of lutein.

Opt for plenty of fruit and vegetables which are rich in many antioxidant vitamins, minerals and plant pigments that can help to combat the effects of free radical damage and help to keep your eyes healthy. As well as the antioxidant vitamins and minerals, many studies are examining the potentially protective factors of two plant chemicals, lutein and zeaxanthin (pronounced zay-a-zan-thin). Some experts believe they play a major role in eye health.

More about lutein and zeaxanthin

Both lutein and zeaxanthin are concentrated in your eyes. Here, they absorb potentially-damaging blue light and mop up (neutralise) free radicals relieving oxidative stress (this is damage that occurs when free radicals challenge the ability of the body's natural antioxidant defence systems to neutralise free radicals before they cause damage).

Lutein is a carotenoid (orange-coloured pigment) found green leafy vegetables and orange and red-coloured fruit and veg. It protects by filtering high energy blue light and its antioxidant activities allow it to scavenge and neutralise light-induced free radicals. Zeaxanthin is a yellow carotenoid and it is a modified form of lutein.



Lutein-zeaxanthin containing fruits and vegetables

(The Macular Disease Society)

Kale

Collard greens

Spinach

Celery

Onions (raw)

Broccoli (raw)

Leaf lettuce

Green peas

Pumpkin

Brussels sprouts

Summer squash

Sweet corn

Yellow pepper (raw)

Green beans

Green pepper

Cucumber pickle/gherkin

Green olives

Prunes

Raisins

Blueberries





Product
of the
Month

You'll find both lutein and zeaxanthin in fruit and vegetables. Yellow and orange capsicums, leafy vegetables like kale, cabbage and spinach, mango, blueberries and citrus fruits like oranges. In addition, these foods also contain the antioxidant vitamins A, C and E so fruits and veggies are a powerhouse of protection!

Lutein: are you getting enough?

Experts agree that enjoying a healthy mixed diet that contains plenty of fresh fruit and vegetables is good for your general health as well as your eye health.

But according to the UK not-for-profit organisation Sight Support, 'We need 6-10mg (lutein) a day. It is estimated that the average western diet contains only 2-3mg per day, which means most of us lack lutein in our food.' Do you eat the recommended two and five daily serves of fruit and veggies daily? Check your intake by logging onto: www.luteininfo.com/abouthowtake.

Another study showed that lutein supplementation of 15mg every three days significantly improved visual sharpness and glare sensitivity in older people. Plus, patients given lutein had improved macular function.

Nutritional supplements

Although supplements aren't an alternative to a healthy diet, they may be a good idea for people who don't eat a healthy mixed diet. The Australian organisation, the Macular Degeneration Foundation Australia says, 'Lutein has been shown to be protective of MD. If your diet is deficient in fresh fruit and vegetables, a lutein supplement should be considered.'

For more information:

- Royal Australian and New Zealand College of Ophthalmologists. <http://www.health.gov.au/internet/main/publishing.nsf/Content/For+Consumers-1>
- Macular Denegation Foundation. <http://www.mdfoundation.com.au/default.aspx>



Did you know?

According to Vision Australia, nearly 300,000 Australians are blind or vision impaired, and this figure is expected to rise to over 421,000 by 2021 as more baby boomers reach retirement age according to the Australian Bureau of Statistics.





USANA's **Visionex™** is a comprehensive formula designed to promote healthy eyes and acute vision. It contains two of the most powerful free-radical fighting antioxidants; lutein and zeaxanthin. It contains a unique and comprehensive formulation of ingredients.

Visionex™:

- Supports healthy eye function and acute vision
- Aids long-term eye health
- Helps in the maintenance of macular health
- Provides antioxidants to defend against free radical damage to the retina
- Guaranteed levels of lutein and zeaxanthin
- Vitamin C, bilberry extract and zinc for additional support in the maintenance of healthy eyes.

Visionex™ is laboratory tested, quality guaranteed. It meets British Pharmacopoeia (BP) specifications for potency, uniformity and disintegration where applicable.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

Vitamin supplements should not replace a balanced diet.

Note: Supplements are not a cure for health problems nor are they a substitute for medicines your doctor may have prescribed for you. Check with your doctor before taking dietary supplements especially if you are if you are taking prescription medicines, or have a medical condition.



Visionex™



References

JM Seddon et al. Association between C-reactive protein and age-related macular degeneration. *JAMA* 2004 291: 704-710. Accessed 10 February 2012. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/14871913>

Feeling good. Looking great. A guide to how a healthy lifestyle can help prevent sight loss. Royal National Institute for the Blind. Accessed 10 February 2012. Available from: http://www.rnib.org.uk/eyehealth/Documents/Feeling_great_looking_good_PDF.pdf

Australian Government. Final report – risk factors for eye disease and injury. Visual impairment and blindness in Australia. Last modified 1 December 2008. Accessed 10 February 2012. Available from: <http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-eyehealth-risk-factors.htm~ageing-eyehealth-risk-factors-4.htm~ageingeyehealth-risk-factors-4-1.htm>

Macular Degeneration Foundation Australia. Frequently Asked Questions. Accessed 10 February 2012. Available from: http://www.mdfoundation.com.au/aboutmd_faqs.aspx

B Olmedilla et al. Lutein, but not alpha-tocopherol, supplementation improves visual function in patients with age-related cataracts: a 2-y double-blind placebo controlled pilot study. *Nutrition* 2003 19: 21-24. Accessed 10 February 2012. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/12507634>

Chua, B. et, al. (2006). Dietary Fatty Acids and the 5-Year Incidence of Age-Related Maculopathy. *Archives of Ophthalmology*; Vol. 124: pp. 981-986. Accessed 13 February 2012. Available from: <http://archophth.ama-assn.org/cgi/content/abstract/129/7/921>

Where Do Eggs Fit in a Heart-Healthy Diet?: Egg Carotenoids and Eye Health? *Am J Lifestyle Med.* 2009;3(4):274-278. Accessed 13 February 2012. Available from: http://www.medscape.com/viewarticle/707896_5

The Macular Disease Society. Nutrition and the Eye. Accessed 10 February 2012. Available from: http://www.lmsg.nhs.uk/LMSGDocs/Other/Nutrition_and_the_Eye.pdf

Sight Support. Preventing sight loss. Accessed 10 February 2012. Available from: <http://www.sightsupport.org.uk/preventing-sight-loss.html>

Macular Degeneration Foundation. Frequently asked questions. Accessed 10 February 2012. Available from: http://www.mdfoundation.com.au/aboutmd_faqs.aspx

