



ageless system

- EYE HEALTH -

FAQs

*“The number of cases of vision loss doubles every decade after 40.
At age 75, the number of cases of vision loss triples. Oh, my spectacles!”*

- Excerpt From: Allison Tannis’ “Aging Bites.”

1. Can this product help prevent cataracts?

Sunlight exposure leads to the formation of free radicals in the eye, in turn causing damage and increasing the risk of cataracts developing. EYE HEALTH contains vitamin C, lutein and zeaxanthin, nutrients that have been linked to a decreased risk of cataracts.

Scientific Summary - A 2011 study published in *Ophthalmology* conducted a cross-sectional analysis of elderly adults found those with the highest blood levels of vitamin C had a 35 percent reduced risk of cataract. The Nutrition Vision Project, a subset of the Nurses’ Health Study, showed that, among women aged 60 years of age or older, consumption of at least 363 mg of vitamin C (equivalent to 5 kiwis or 2 cups of red pepper) per day was associated with a 57 percent decreased risk of developing a cataract. According to a 2012 study published in the British Journal of Nutrition, among elderly Finnish subjects, those with the highest blood levels of lutein and zeaxanthin had a reduced risk of cataracts. Similar associations were found in other studies including the Nutrition Vision Project and Beaver Dame studies.

2. Why include zinc and vitamin C in an eye formula?

A group of researchers from the National Eye Institute designed the Age-Related Eye Disease Study (AREDS). This study involved close to 5,000 participants, 55-80 years of age, in 11 clinical centers across the United States. The AREDS results suggested that supplementing with antioxidant vitamins, such as zinc and vitamin C may reduce the risk of AMD progression by 25 percent, and reduce moderate vision loss by 19 percent.

3. What does Bilberry do to promote health in an aging eye?

Bilberry's flavonoids are known as potent antioxidants. According to a study in *Advances in Gerontology*, bilberry extract may be an effective way to prevent the development of macular degeneration and cataracts. For example, researchers found that 70 percent of rodents receiving the placebo, instead of a bilberry supplement, developed eye disease. Health Canada Natural Health Product Directorate feels the scientific evidence is so strong it warrants the use of the health claim, “Bilberry has been used in Herbal Medicine to help slow the progression of disorders of the eye, such as macular degeneration, and diabetic or hypertensive retinopathy.”

4. Can this product help prevent age-related macular degeneration?

The Blue Mountains Eye Study involved over 3500 people over the age of 49. Using a food frequency questionnaire the researchers determined those who ate more lutein and zeaxanthin had a lower incidence of age-related macular degeneration.

5. Vitamin D3 – how does it promote eye health as we age?

Vitamin D3 (a nutrient most Canadians are deficient in due to extremely limited food sources) may prevent pressure from building up inside the eye that leads to decreases in eye health. A review published in a 2015 issue of the journal, *Critical Reviews in Food Science and Nutrition*, suggests vitamin D3 for glaucoma. Research suggests vitamin D3's beneficial effects include influencing genes in the aging eye and modulating inflammation. Vitamin D3 may also prevent the growth of blood vessels in the retina of the eye – involved in the progression of age-related macular degeneration. Population studies show that a deficiency in vitamin D is linked to higher risk for age-related eye conditions.

6. Why is Taurine important to the eye?

There is strong evidence that the retina degenerates with age. Taurine is a free amino acid found in high concentrations in the retina. Age-related deficiency in taurine levels in the retina may contribute to degeneration associated with age. Taurine acts as an antioxidant. Taurine replenishment is known to alleviate oxidative stress in the retina.

7. What is the recommended dosage?

The recommended dose is one capsule per day for adults. Take with a meal containing oil/fat. Take a few hours before or after taking other medications.

8. What ingredients are in ageless system's EYE HEALTH?

The medicinal ingredients per capsule:

Bilberry fruit extract (*Vaccinium myrtillus* from Europe) ...100 mg
(Standardized to contain 25% anthocyanidins) (120:1 extract, equivalent to 12000 mg of dried fruit)

Vitamin C (L-ascorbic acid) ...100 mg

Taurine (2-Aminoethanesulfonic acid) ...50 mg

Lutein esters (*Tagetes erecta*, flower, Biolut™) ...12 mg

Zinc (Zinc citrate) ...10 mg

Zeaxanthin (*Tagetes erecta* – herb flowering oleoresin)...0.2667 mg

Vitamin D3 (Cholecalciferol) ...10 mcg (400 IU)

The non-medicinal ingredients are: Silicon dioxide, magnesium stearate, microcrystalline cellulose, hypromellose.

9. What's the recommended use?

Helps maintain eyesight and support eye health in conditions, such as cataracts and age-related macular degeneration. Source of antioxidants.

10. Are there cautions or warnings?

Consult a health care practitioner if symptoms worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family.

11. Can this product help with dry eyes?

Dry eyes can occur at any age. Approximately, 5 million Americans over the age of 50 have dry eye. Dry eye is more common after menopause. Dry eyes can feel tired, hot, itchy, sore and as if grit is stuck in them. Dry eye can be caused by problems with tear glands. Eye drops, humidifiers and ointments are some common treatments. Research suggests that omega-3 fatty acids (DHA and EPA) may help reduce some symptoms of dry eyes. Sequence Health's Ageless System ENERGY BOOSTER, COGNITIVE HEALTH and ALL-IN-ONE Shake contain fish oil in potent quantities to promote eye health. When taken as a system, the Ageless System offers 900 mg of fish oil to benefit multiple aspects of health and promote better aging.