



PREFERRED NUTRITION

CONSUMER PRODUCT RESEARCH INFORMATION

NPN 80048783

Essential EyeCare™

Preferred Nutrition is dedicated to helping people reach their optimum health potential. The Preferred Nutrition line of supplements has been developed with effective formulas using superior ingredients to create a premium quality brand, exclusive to health food retailers and select natural pharmacies. Our supplements promote the health and well-being of consumers of all ages.



PRODUCT SUMMARY

Preferred Nutrition Essential EyeCare with beta-carotene and lycopene blends protective antioxidants, carotenoids, and minerals for advanced vision support. It contains lutein to help maintain eyesight and eye health in conditions such as cataracts and age-related macular degeneration (AMD), *Ginkgo biloba* to support peripheral circulation, and alpha-lipoic acid, taurine, N-acetyl-L-cysteine, and vitamin C for added retinal protection.

BENEFITS

- Supports vision in conditions such as cataracts and AMD
- Helps improve macular pigment optical density to protect against blue light damage
- Protects against UV damage
- Helps reduce the risk of developing cataracts
- Provides antioxidants for the maintenance of good health
- Encourages healthy peripheral circulation, including to the eyes

RESEARCH

AMD and cataracts are leading causes of irreversible vision loss and legal blindness (Martínez-Solís et al., 2019; Johra et al., 2020). The retina is especially vulnerable to oxidative stress, which plays a major role in the development of these conditions, because of its high UV exposure and heavy oxygen demands (Martínez-Solís et al., 2019; Jiang et al., 2019; Feng et al., 2019). Adding to these environmental factors is the amount of time the average person spends in front of screens that emit blue light, including smartphones, tablets, and computer monitors, which makes the eyes more susceptible to conditions such as dry eyes and glaucoma (Johra et al., 2020).

A regular intake of antioxidant vitamins, such as vitamin C, and carotenoids, such as beta-carotene, lycopene, and lutein, has been shown to protect the eyes from light-induced oxidative stress by helping to quench free radicals and strengthen cell membranes (Jiang et al., 2019). A meta-analysis of randomized, controlled trials found that the consumption of antioxidant nutrients, including vitamins C and A, beta-carotene, and lutein, were directly associated with a reduced risk of cataracts (Jiang et al., 2019).

Beta-carotene, which is a precursor to vitamin A, plays a critical role in eye health and the synthesis of retinal pigments needed for healthy vision (Khoo et al., 2019). It works alongside lycopene found in tomatoes, helping to protect the eyes' photoreceptor cells from light damage by absorbing light waves in the visible region (Johra et al., 2020). Lutein also protects the eyes against light-induced oxidative damage caused by the sun's UV rays and damaging blue light emitted by electronic screens (Buscemi et al., 2018). Due to lutein's important role in eye health, the body's highest concentration is found within the retina (Buscemi et al., 2018). This concentration is, however, dependent on dietary intake. A meta-analysis revealed that a high intake of lutein is associated with increased macular pigment optical density (MPOD), in addition to visual acuity and contrast sensitivity in AMD patients (Feng et al., 2019; Johra et al., 2020). A separate meta-analysis also found a 3% reduction in the risk of nuclear cataracts for every 300 mcg of lutein that study participants consumed daily (Ma et al., 2014).

Zinc is found throughout eye and retinal tissues, where it acts as a cofactor for many enzymatic activities (Khoo et al., 2019). It helps protect the retina by regulating a process called complement catabolism, which increases retinal inflammation and is a risk factor for AMD (Smailhodzic et al., 2014). In an open label clinical trial, AMD patients who supplemented with 50 mg of zinc and 1 mg of copper per day for three months were found to normalize their complement catabolism activity (Smailhodzic et al., 2014).

Ginkgo biloba is well recognized for its neuroprotective properties and benefits for microcirculation, both of which contribute to eye health and support vision in patients with AMD and other eye conditions (Martínez-Solís et al., 2019). A review of controlled studies found that AMD patients who supplemented with 60–240 mg of ginkgo per day experienced improved visual acuity after approximately six months (Evans & CEVG, 2013).

Together, the antioxidants alpha-lipoic acid, taurine, N-acetyl-L-cysteine, and vitamin C support healthy vision by reducing the damaging effects of oxidative stress and associated eye conditions (Johra et al., 2020; Sen et al., 2011).

Essential EyeCare™

Each capsule contains:

Beta-Carotene.....	3750 IU (2250 mcg)
Vitamin C (ascorbic acid).....	25 mg
Zinc (zinc monomethionine)	12.5 mg
Copper (HVP* chelate)	1 mg
R-Alpha-Lipoic Acid.....	2.5 mg
N-Acetyl-L-Cysteine	65 mg
Tomato Extract (<i>Lycopersicon esculentum</i>) (5% lycopene) (fruit).....	0.75 mg
Lutein (<i>Tagetes erecta</i>) (marigold flower)	1.5 mg
Carrot Powder (<i>Daucus carota</i>) (root)	65 mg
Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (24% flavonoid glycosides, 6% terpene lactones) (leaf)	20 mg
Taurine	100 mg

*HVP: Hydrolyzed Vegetable Protein

Non-medicinal ingredients: Microcrystalline cellulose, gelatin capsule (gelatin, purified water), vegetable grade magnesium stearate (lubricant), blackcurrant extract, quercetin, L-glutamic acid, glycine, silica.

Recommended adult dose: 4 capsules daily with meals providing protein, a few hours before or after taking other medications or natural health products, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 6 months.

Cautions: Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you are a tobacco smoker, have diabetes or cystinuria, or if you are taking nitroglycerin, antibiotics, or medications for diabetes, high blood pressure, or seizures. Do not use if you are taking health products that affect blood coagulation as some ingredients have anti-coagulant properties. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs.

 Gluten-free  Non-GMO



References

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