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Studies indicate good nutrition linked to eye health

June 29, 2009, Torrance, CA – Studies have determined certain nutrients have positive effects on eye health. The research focus is on Vitamins C and E, found in high levels in the eye lens; lutein and zeaxanthin, which are concentrated in the retina; and beta-carotene (which converts to Vitamin A), another strong antioxidant.

Major studies, like the Blue Mountains Eye Study and the Age-Related Eye Disease Study, have shown positive results in preventing eye problems. The Blue Mountains study looked at intakes of Vitamin C, or a combination of antioxidants, in protecting eyes. The Age-Related Eye Disease Study linked diets rich in lutein and zeaxanthin with decreased prevalence of problems.

Vitamins C, E, A, lutein, and zeaxanthin are strong antioxidants. They protect the eyes from free radicals which cause oxidative damage. Eventually, free radical damage can lead to a variety of health problems.

The assumption is that by strengthening the eye defenses with foods rich in these antioxidants one could help promote eye health.

There are numerous food sources for antioxidants, including citrus fruits for Vitamin C, nuts and seeds for Vitamin E, and carrots and sweet potatoes for beta-carotene. Foods high in lutein and zeaxanthin have yellow or green pigments, such as dark-green leafy vegetables and corn.

“No matter what your age, it’s never too soon to start taking proactive measures in the area of nutrition to help maintain good eyesight for life,” says Warren Harvard Low, O.D.

A superfood high in Vitamins C, E, beta-carotene, and lutein is Chlorella, a single-cell, fresh water green alga.

Sun Chlorella helps to detoxify and rejuvenate the body. It contains more protein and chlorophyll than any other plant; includes all the essential amino acids; and is high in dietary fiber, nucleic acids, minerals, and vitamins (including the antioxidants vitamin C, vitamin E, beta-carotene and lutein).

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For more information about Sun Chlorella USA, visit their website at www.sunchlorellausa.com. Sun Chlorella USA (www.sunchlorellausa.com) is a distributor of Sun Chlorella “A”, Pet Sun

Chlorella, Sun Eleuthero, Wakasa Gold, Wakasa Honey, Sun Eleuthero Extract, Sunergize, Sun Chlorella Cream and Sun Eleuthero Tea.

References

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