

Lutein and Zeaxanthin

- Are natural carotenoids
- Reduce the risk of light-induced oxidative damage, that could lead to macular degeneration (AMD)
- Potentially serve as a biomarker for protection against risk of certain eye diseases, and also for visual function

Vitamin E and C

- These vitamins exert powerful antioxidant activities
- Vitamin C helps to reduce the risk of forming a cataract and vision loss from macular degeneration
- Vitamin E helps to reduce the worsening of early age-related macular degeneration (AMD)

Zinc, Copper, Manganese and Selenium

- These minerals slow the growth of cataracts and protect against eye diseases such as glaucoma and age-related macular degeneration
- Zinc and Selenium help in the process of oxidation and help absorb antioxidants for the prevention of eye diseases
- Copper and Manganese help in the development of flexible connective tissue for proper eye structure

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