



VisioHealth

Encouraging the Best Possible Eye and Vision



Overview:

VisioHealth is designed to maintain eye health and guard against age-related vision loss. The critical ingredients of visiohealth are Lutein, Zeaxanthin, Astaxanthin, Zinc Oxide, Vitamin C, Vitamin E, and omega-3. Together, these vital nutrients, protect the eyes from oxidative stress, enhance visual acuity, and preserve general eye health. Let's look deep into these functions.

1. Lutein:

Function: The macula of the eye naturally contains lutein, a carotenoid. It functions as a blue light filter, shielding the retina from harm.

Benefits:

- **Protects against blue light damage:** By blocking damaging blue light, this product helps lower the risk of macular degeneration.
- **Improves visual acuity:** Increases sensitivity to contrast and sharpness of vision overall.
- **Antioxidant support:** Prevents oxidative stress and damage to eye cells by neutralizing free radicals in the eyes.



A&S Nutrition



1806 NJ-35 Suite 304, Oakhurst, NJ 07755, United States

+1 201 540 7601

sales@asnutation.life

www.asnutrition.life



2. Zeaxanthin:

Functions: Concentrated in the retina, zeaxanthin is another essential carotenoid that functions in concert with lutein to shield the eyes from damaging light and oxidative stress.

Benefits:

- Decreases the risk of age-related macular degeneration (AMD)
- Protects the macula from oxidative stress and blue light, protecting central vision.
- Supports visual performance: Enhances overall visual acuity and speed of visual processing.
- Protection against antioxidants: Functions as an antioxidant to stop free radical-induced cellular damage to the eyes.

3. Astaxanthin:

Functions: Potent antioxidant astaxanthin offers complete protection for the eyes by bridging the blood-retina barrier.

Benefits:

- Decreases eye fatigue: This helps relieve eye strain and fatigue, particularly in those who spend a lot of time in front of screens.
- Maintains retinal health: Lowers the risk of retinal disorders by shielding the retina from oxidative stress.
- Improves visual function: Promotes improved vision and eye health by increasing blood flow to the eyes.

4. Vitamin C:

Functions: Vitamin C, an important antioxidant that maintains the structural integrity of the eyes.

Benefits:

- Prevents cataracts: By shielding the lens from oxidative damage, it lowers the chance of cataract formation.
- Maintains general ocular health: Assists in preserving the condition of the blood vessels in the eyes.
- Immune function enhancement: Fortifies the eye's defences against infections and inflammation.

5. Vitamin E:

Functions: Vitamin E aids in preventing oxidative damage to the cell membranes in the eyes.

Benefits:

- Prevents macular degenerative processes: prevents the retina from suffering oxidative damage, thereby lowering the risk of age-related macular degeneration.
- Maintains lens health: By shielding the lens from oxidative stress, it aids in the prevention of cataract development.
- Longer eye cell lifespan: By lowering oxidative stress, this supplement encourages the healthy aging of eye cells.

6. Zinc Oxide:

Functions: Zinc is a vital mineral that is necessary for preserving the retina's health and bolstering the antioxidant defenses of the eye.

Benefits:

- Maintains retinal health: Required for the enzymes that shield the retina from oxidative stress to operate properly.





- Decreases AMD risk: Assists in mitigating the advancement of age-related macular degeneration.
- Improves vision in dim light: Assists in maintaining good night vision.

7. Omega 3:

Functions: The structural integrity of cell membranes of the eyes, especially the retina, depends on omega-3 fatty acids.

Benefits:

- **Reduces symptoms of dry eyes:** Assists in preserving tear production and mitigating the signs of dry eyes.
- **Maintains the health of the retina:** Retinal cell formation and maintenance depend on it.
- Reduces inflammation: Assists in minimizing the risk of chronic eye diseases by reducing inflammation in the eyes.

Precautions:

It is advised before starting a supplement, you should consult with a healthcare provider.

References:

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