

# **TOTAL EYEBRIGHT C**

**Ingredients:** Vitamin C 25mg, Vitamin D-3 75i.u, Vitamin E (as succinate) 10i.u, Vitamin B-1 1.5mg, Vitamin B-2 1.7mg, Vitamin B-6 2mg, Folic Acid 100mcg, Selenium (as chelate) 25mcg, Zinc (as chelate) 15mg, Chromium (as chelate) 1mg, Lycopene 2mg, Lutein (with Zeaxanthin) 3mg, D-Salina Beta Carotene 1000 i.u, SOD 25mg (which yields 200 i.u. of Glutathione, 625 i.u. Catalase), Quercetin 5 mg, Lemon Bioflavonoids 50 mg, Bromelaine 15 mg, Pancreatin 25mg, Lactase 10 mg, N-Acetyl Cysteine 5mg, Rutin 20 mg, Betaine HCL 10 mg, Oxbile 20 mg, Amylase-Diastase 15 mg, Pancrelipase 15 mg, Trypsin (chymotrypsin 4 mg) 20 mg, Papain 15 mg, L-Taurine 10mg, L-Glycine 10 mg, L-Glutamic Acid 10 mg, L-Methionine 10mg, Lipoic Acid 5 mg, L-Histidine 5mg, L-Phenylalanine 5 mg, Eyebright (herb) 75 mg, Bilberry (25% anthocyanosides) (fruit/leaf) extract 4 mg, Ginkgo Biloba (leaf) 6 mg, Eleuthero (root) 5 mg, Gymnema Sylvestre (leaf) 75mg, Turmeric (rhizome) 10mg, Bilberry (fruit) 25 mg, Bitter Melon (fruit) 25 mg.

**Supportive Function:** Total Eyebright C is an eye care formula consisting of the eyebright herb, along with vitamins, minerals, enzymes and potent antioxidants intended to optimize homeostasis for the eyes. The eye is highly susceptible to free radical damage and is in need of optimal antioxidant protection. Total Eyebright C is a support product for general eye conditions or people prone to cataracts.

**When is eye support helpful?** Eye infections, any eye diseases (glaucoma, macular degeneration, cataracts), dry eyes, floaters

**Clinical Applications/Research: Antioxidants:** Antioxidants include vitamin C, vitamin E, beta carotene, selenium, zinc, quercetin, ginkgo biloba, bilberry, bioflavonoids and turmeric. All of these substances are potent antioxidant radical scavengers; beta carotene specifically scavenges radicals caused by UV light, vitamin E protects the high concentration of lipid membranes, ginkgo biloba works in the micro capillaries of the eye, and bilberry seems to be an eye-specific radical scavenger.

**Eyebright:** Eyebright is a medicinal herb containing vitamins A, B3 (Niacin), B5 (Pantothenic acid), B12, C, D, and E; its properties lend to the recommendation that it is, “good for all eye disorders” (Presc for Nutr Healing, 1990, Avery Publ., NY, p.52).

**Bilberry:** Bilberry contains potent proanthocyanidins to prevent capillary fragility and inhibit platelet aggregation, and is an excellent anti-inflammatory herb. “Many clinical tests have shown that bilberry anthocyanosides given orally to humans improve vision in healthy people and also help treat people with eye diseases such as pigmentary retinitis” (Weiner, M.A. Herbs that Heal. 1994. Quantum Books, Mill Valley, Ca. p. 84).

**Ginkgo Biloba:** Ginkgo biloba was reported in Drugs Exp Clin Res (1991, 17:571-4), to have antioxidant properties that can protect the retina against oxidation. In a randomized, open clinical trial involving 42 patients, a significant increase in microcirculation and elasticity of blood vessels was noted (Fortschr Med. 1993, 111:170-2).

**Other Plant Nutrients:** Gymnema sylvestre is an herb that significantly reduces blood glucose and glycosylated proteins, an important factor in determining diabetic retinopathy damage (see diabetic retinopathy). Turmeric may increase detoxification

systems in addition to its antioxidant properties. Turmeric is believed to counteract the effects of several dietary carcinogens (Plant Foods Hum. Nutr 1993, 44:87-92). Quercetin is a very powerful free radical scavenger. Lemon bioflavonoids and rutin are potent phytochemicals that prevent capillary fragility and reduce inflammation. They are particularly helpful in collagen formation of the microcirculation of the eye.

**Bromelaine:** Bromelaine is a proteolytic enzyme with strong anti-inflammatory properties. Pancreatin, papain, trypsin, chymotrypsin, pancreolipase and amylase are all enzymes, which decrease inflammation when taken away from meals, and increase digestion when taken with meals. They clear toxic debris from the inflammatory response and help tissue return to normal. Ox bile and HCL (hydrochloric acid) enhance the activity of the enzymes.

**Zinc:** Zinc has antioxidant activity, stabilizes cell membranes, and provides the cofactor for many enzymes involved in visual function. Research demonstrates that high levels of a zinc antioxidant enzyme, "protect mitochondria from oxidative damage that probably occurs with aging in the retinal pigment epithelium" (Invest. Ophthalmol. Vis. Sci. 1992, 33:1909-18). Zinc is also the important nutrient in the "zinc fingers" which is an integral part of gene expression. The Proceedings of the National Academy of Sciences reported that an eye-specific enzyme (containing these zinc fingers) is necessary to prevent rod degeneration (the eye is made up of rods and cones) (Proc. Nat. Acad. Sci. 1993, 90:11157-61).

**Vitamins:** Vitamin D aids in calcium absorption for healthy tissue maintenance. Sometimes eye conditions dictate avoidance from UV light, which is one of the main sources of vitamin D production by the body. Riboflavin is very easily destroyed by UV light, and is essential for cellular repair. Folic acid is also necessary, playing an important role in DNA/RNA synthesis.

**Suggested Dosage:** 1-2 tablets 3 times daily or as directed

**Size:** 90 tablets

**Vegetarian:** No

**Contraindications:** None known.