Once we reach our forties the lenses of our eyes and the muscles that control them have aged so that the lenses are less flexible resulting in a condition called presbyopia. Symptoms include difficulty reading fine print, particularly in low light conditions, eyestrain when reading for long periods, and blurring when focusing on near objects or momentarily blurred vision when transitioning between viewing distances.

Although many factors contribute to blurred vision, cataract is the most common factor. A cataract is a clouding that develops in the crystalline lens of the eye. As we age, the number of people with cataracts grows. Vision can be improved by wearing sunglasses, balancing the diet, avoiding smoking and also supplementing with vitamins B, C, E and antioxidants to slow down the inevitable progression of cataract development with aging.

Age-related macular degeneration is one of three main causes of blindness in the middle aged. There are two types of age-related macular degeneration：

(1) Dry form age-related macular degeneration：Due to retinal thinning with age, the retinal pigment epithelium (RPE) starts to accumulate white sediments that results in vision problems. Symptoms are usually minor.

(2) Wet form age-related macular degeneration：Due to the bleeding at the bottom layer of the retina, retinal cells are killed and then form blurry dark spots or distort the central vision. Symptoms are usually more severe. Currently there is no active medical treatment for age-related macular degeneration. The condition can be somewhat relieved by radiation to reduce the bleeding, but many doctors also suggest patients take more lutein and zeaxanthin as an alternative therapy.

Glaucoma is another cause of blindness for older people. High ocular hypertension compresses and damages the optic nerve and leads to vision loss. Glaucoma can be divided into chronic and acute type. The symptoms of chronic glaucoma are not obvious but by the time the symptoms become apparent, the optic nerves have already suffered severe damage. Acute glaucoma occurs suddenly, with blindness resulting within a few days if treatment does not take place in time.

Glaucoma frequently occurs in patients with severe nearsightedness, diabetes, hypertension and a family history of glaucoma. During the early stage, glaucoma symptoms are painless and not noticeable. Many patients don't discover that they have glaucoma until less than 20% of their vision remains. When left untreated, glaucoma results in irreversible vision damage. In order to improve glaucoma symptoms, increasing the intake of vitamin B complex, fish oil, and other nutrients is necessary to protect and reduce the damage to optic nerves. It is also critical to actively control diabetes and hypertension.

• Nutrition vs. Eye

	Nutrients included	Potential function of Nutrients
NH MacuPro	Lutein and Zeaxanthin	* Helps to increase macular pigment density and reduce macular degeneration Curr Med Res Opin. 2010 Aug;26(8):2011-23.
Prime Shield	Multi-antioxidants	* Protects eyes from free radical damage and slows down aging process. Ann Nutr Metab. 2008;52(4):296-8.
Prime Ginkgo Liquid Ginkgo	Ginkgo Extracts	* Promotes blood circulation around eye area, helps to increase metabolism and prevents cataract. Acta Pharmacol Sin. 2008 Sep;29(9):1042-50.
Oxy Rich	Co Q10	* Increases oxygen usage rate, promotes eye cell metabolism, and recovery of the bleeding cells. Acta Ophthalmol. 2010 May;88(3):e78-86.
B-Strong	Vitamin B Complex	* Helps recover damaged cells of eyes. Yan Ke Xue Bao. 2004 Dec;20(4):259-63.
Joy for Life	Balanced vitamins and minerals	* Provides basic needed nutrients for metabolism. Optometry. 2009 Oct;80(10):579-86. Insight. 2002 Jan-Mar;27(1):5-7.
Omega Rich	Omega -3 fatty acids	* Protect optic nerves and slow down the damage of nerves. Acta Ophthalmol Scand Suppl. 1998;(227):41-2.