

EyeClear **Bilberry & Eyebright** Softgel Capsules

睛靈明眼素 越橘 小米草精華

The eye is composed of various structures to support vision. The tear film is structured in three layers that optimally retains moisture on the ocular surface and maintains its integrity and health.^[1] The retina is composed of millions of photoreceptor cells and is one of the highest oxygen-consuming tissues in the human body.^[2] Tissues in the eye are constantly under oxidative stress and are at high risk of infections due to direct exposure to the external environment. As we age, antioxidant capacity decreases and the efficiency of reparative systems may impair gradually.^[3] Nutritional supplements would be important to maintain the health of eyes.

EyeClear Bilberry & Eyebright Softgel Capsules is a combination of the best quality eyebright and bilberry extract together with lutein, zeaxanthin, beta carotene, vitamins & minerals. Eyebright is a herb which has been used since the 16th century in treating eye problems.^[4] On the other hand, anthocyanins contained in bilberry preparation may relieve symptoms of a variety of visual disturbance and promote other health benefits.^[5]

The following ingredients may help to relieve symptoms of eye discomfort:

Eyebright Extract

Eyebright, also called Euphrasia, is a flowering herb that contains iridoid glycosides, euphoside and phenylpropanoid glycosides.^[4,6] Research has shown that eyebright extract supplementation could reduce blood glucose level in hyperglycemic rodent model.^[7] Diabetic retinopathy, a leading cause of blindness worldwide, is

one of the major complications in patients with diabetes.^[8] Fluxes of glucose into retinal cells may pose strong oxidative stress and induce inflammatory response of the cells, resulting in retinal damage. By reducing blood glucose level, it may help lower the risk of the disease. Eyebright extract could also be used in eye-drops to directly relieve tear film inflammation.^[4]

Bilberry Extract

Bilberry extract contains anthocyanins (a flavonoid) and ascorbic acid (one form of vitamin C).^[9] Flavonoids possess neuroprotective and anti-oxidizing properties.^[10-11] It is believed that anthocyanins could therefore help to protect the retina, the nerve layer that lines the back of our eyes sending nerve impulses to the visual area of our brain. Similar to eyebright extract, bilberry extract also promotes blood glucose level reduction in diabetic rodent model.^[12] Anthocyanins could also boost the production of rhodopsin,^[11] the pigment responsible for night vision and helps our eyes adapt to light change. Together with other antioxidants in the formula, i.e. beta carotene, vitamins C & E, the constituents could provide protection to the eyes against oxidative stress^[8] and maintain healthy nerves for light sensation.

Lutein & Zeaxanthin

Lutein and zeaxanthin are natural carotenoids which can be found in the macula and the rest of the retina.^[13] Lutein and zeaxanthin could not be synthesized in mammals, and must be obtained from the diet.^[13-14] These two compounds are yellowish pigments which could filter blue light at the high energy end of the visible spectrum, thus reducing UV radiation toxicity to the retina and the skin.^[13-14]

Who may need Bilberry & Eyebright Softgel Capsule?

People who have the following risk factors:

- Frequent sun and light exposure^[13]
- Tobacco smoke or pollutant exposure^[13-14]
- Long hours of computer monitor exposure^[13]
- Dehydrated eyes, e.g. due to sleeplessness and wearing contact lenses^[5,15]
- Vision with sparks and dimming eye sight^[11,14]

Benefits of Bilberry & Eyebright Softgel Capsule:

- Provide constituents essential for retinal pigment production^[11,13-14]
- Improve night vision^[5,13]
- Neutralize free radicals and help to decelerate aging of vision^[8,10-11]
- Improve blood circulation and nutrient supply to the retina^[5] and relieve eye fatigue
- Help our eyes adapt to light change^[11]
- Help to relieve dry eyes^[5,15]

Recommended daily dose:

For Adult and children aged 12 and above take 1 capsule 2 times daily or as directed by physicians.

Reference:

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