

antioxidants minimize the incidence of macular degeneration and cataracts, two of the primary causes of visual impairment and blindness in the elderly. Zeaxanthin and lutein may help with the following conditions:

Age-related macular degeneration (AMD):

Supplementing with zeaxanthin and lutein may protect the eyes from the progression of AMD, which can lead to blindness.

Cataract:

A cataract is a clouding of the lens of the eye. Consumption of zeaxanthin and lutein may help to delay the formation of cataracts.

Uveitis

It is an inflammation or swelling of the uvea in the eye. The uvea, which is positioned in the middle of the eye between the sclera and the retina, is in charge of providing blood to the retina. Zeaxanthin and lutein may help to reduce inflammation.

Diabetic retinopathy:

Diabetic retinopathy is a diabetic complication caused by damage to blood vessels in the retina. Supplementing with