

Healthy Eyes

REFERENCES

- Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8. *Arch Ophthalmol*. 2001 Oct;119(10):1417–36.
- American Academy of Ophthalmology. Preferred Practice Pattern—Comprehensive Adult Medical Eye Evaluation. 2000. Available at: <http://www.aaopt.org/education/library/ppp/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=1275>.
- Bartlett H, Eperjesi F. An ideal ocular nutritional supplement? *Ophthalmic Physiol Opt*. 2004 Jul;24(4):339–49. Review.
- Bone RA, Landrum JT, et al. Macular pigment in donor eyes with and without AMD: A case-control study. *Invest Ophthalmol Vis Sci*. 2001 Jan;42(1):235–40.
- Brancato R, Fiore T, et al. Concomitant effect of topical ubiquinone Q10 and vitamin E to prevent keratocyte apoptosis after excimer laser photorefractive keratectomy in rabbits. *J Refract Surg*. 2002 Mar-Apr;18(2):135–9.
- Brown NA, Bron AJ, et al. Nutrition supplements and the eye. *Eye*. 1998;12(Pt 1):127–33.
- Demir U, Demir T, et al. The protective effect of alpha-lipoic acid against oxidative damage in rabbit conjunctiva and cornea exposed to ultraviolet radiation. *Ophthalmologica*. 2005 Jan-Feb;219(1):49–53.
- Feher J, Kovacs B, et al. Improvement of visual functions and fundus alterations in early age-related macular degeneration treated with a combination of acetyl-L-carnitine, n-3 fatty acids, and coenzyme Q10. *Ophthalmologica*. 2005 May-Jun;219(3):154–66.
- Fursova AZ, Gesarevich OG, et al. [Dietary supplementation with bilberry extract prevents macular degeneration and cataracts in senesce-accelerated OXYS rats]. *Adv Gerontol*. 2005;16:76–9.
- Grahn BH, Paterson PG, et al. Zinc and the eye. *J Am Coll Nutr*. 2001 Apr;20(2 Suppl):106–18.
- Head KA. Natural therapies for ocular disorders, part two: Cataracts and glaucoma. *Altern Med Rev*. 2001 Apr;6(2):141–66.
- Hirooka K, Tokuda M, et al. The Ginkgo biloba extract (EGb 761) provides a neuroprotective effect on retinal ganglion cells in a rat model of chronic glaucoma. *Curr Eye Res*. 2004 Mar;28(3):153–7.
- Izzotti A, Bagnis A, et al. The role of oxidative stress in glaucoma. *Mutat Res*. 2006 Mar;612(2):105–14.
- Lindblad BE, Hakansson N, et al. Intensity of smoking and smoking cessation in relation to risk of cataract extraction: A prospective study of women. *Am J Epidemiol*. 2005 Jul 1;162(1):73–9.
- Mayne ST. Beta-carotene, carotenoids, and disease prevention in humans. *FASEB J*. 1996 May;10(7):690–701.
- Miljanovic B, Trivedi KA, et al. Relation between dietary n-3 and n-6 fatty acids and clinically diagnosed dry eye syndrome in women. *Am J Clin Nutr*. 2005 Oct;82(4):887–93.
- Nowak M, Marek B, et al. [The role of the oxidative mechanisms in the pathogenesis of age related macular degeneration]. *Klin Oczna*. 2005;107(7–9):537–40.
- Seddon JM, Chen CA. The epidemiology of age-related macular degeneration. *Int Ophthalmol Clin*. 2004 fall;44(4):17–39.
- Singhal S, Gupta R, et al. Comparison of antioxidant efficacy of vitamin E, vitamin C, vitamin A and fruits in coronary heart disease: A controlled trial. *J Assoc Physicians India*. 2001 Mar;49:327–31.

Thornton J, Edwards R, et al. Smoking and age-related macular degeneration: A review of association. *Eye*. 2005 Sep;19(9):935–44.

Van Leeuwen R, Boekhoorn S, et al. Dietary intake of antioxidants and risk of age-related macular degeneration. *JAMA*. 2005 Dec 28;294(24):3101–7.

Wang AM, Ma C et al. Use of carnosine as a natural anti-senescence drug for human beings. *Biochemistry (Mosc)*. 2000 Jul;65(7):869-71.

Wood JP, Osborne NN. Zinc and energy requirements in induction of oxidative stress to retinal pigmented epithelial cells. *Neurochem Res*. 2003 Oct;28(10):1525–33.

Xhaufflaire G, Uhoda E, et al. Eye and ultraviolet light [French]. *Rev Med Liege*. 2005;60 (Suppl 1):99–102.

Zoric L, Aleksic P, et al. [The aqueous humour antioxidative capacity in different types and color of the age-related cataract]. *Vojnosanit Pregl*. 2005 Dec;62(12):909–13.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.