



Is Your Vision  
Healthy?

**EyePromise**  
Live in focus.

# What Is Healthy Vision?

Many people think that if they haven't noticed anything different in their vision, it must be healthy. However, that's not always the case. Changes in your vision can occur gradually over time and can go unnoticed.

## What to Look Out for In Your Vision

Like every part of our bodies, our eyes weaken as we age. It's not something we like to think about, but it's something we should pay attention to. Your vision is one of the first senses affected by aging. Most people begin to experience changes in their eyesight around 40 years of age. Noticing these changes can be difficult as they can be subtle.

Changes can include:

- **Sensitivity to bright light or glare** - Vision in bright light or glare conditions usually decreases as we age. Night driving becomes more difficult and makes 40% of people over the age of 40 uncomfortable doing so. This is because it takes up to five times longer to recover from glare than when you were younger.
- **Color perception** - Colors may seem less vibrant and dull, and contrast between colors will seem less noticeable. It may also become difficult to tell where an object ends and where its background begins, making it difficult to see curbs or steps.
- **Difficulty seeing fine print** - As we get older, our eyes don't work as well as they used to. This forces many of us to get glasses or purchase readers in order to see smaller print or finer details. While this gradual change is fairly common, a comprehensive eye exam can tell you if these changes are indeed due to age or something more serious.



## Things We Can't Change



# What Can Be Done To Help Protect Vision

Everything you eat affects your health, and it directly affects your vision as well. Choosing foods that contain nutrients that actively protect your vision can be easier than you think.

## Zeaxanthin

This antioxidant can be found in the skin, brain, and macula. The macula is located in the back of the eye. According to the American Optometric Association, a number of studies indicate that zeaxanthin is heavily concentrated in the center of the macula to protect the sensitive cells that help us have crisp, clear central vision. This is because zeaxanthin not only protects vision from harmful blue light exposure but also improves quality of vision.

Zeaxanthin can be found in orange peppers, corn, and leafy greens. The body cannot naturally produce zeaxanthin, so we need to eat it to support our eyes.

## Lutein

This antioxidant works with zeaxanthin to guard vision from unstable molecules that destroy cells and can lead to vision loss. When paired with zeaxanthin, lutein also protects the sensitive cells in the retina from the potential damage of harmful blue light, but it's concentrated on the outer edges of the macula to protect our peripheral vision.

Lutein can be found in leafy greens like kale, spinach, collard greens, and carrots. Like zeaxanthin, our bodies don't produce lutein naturally, so we need to eat the amounts of nutrients necessary to support eye health.

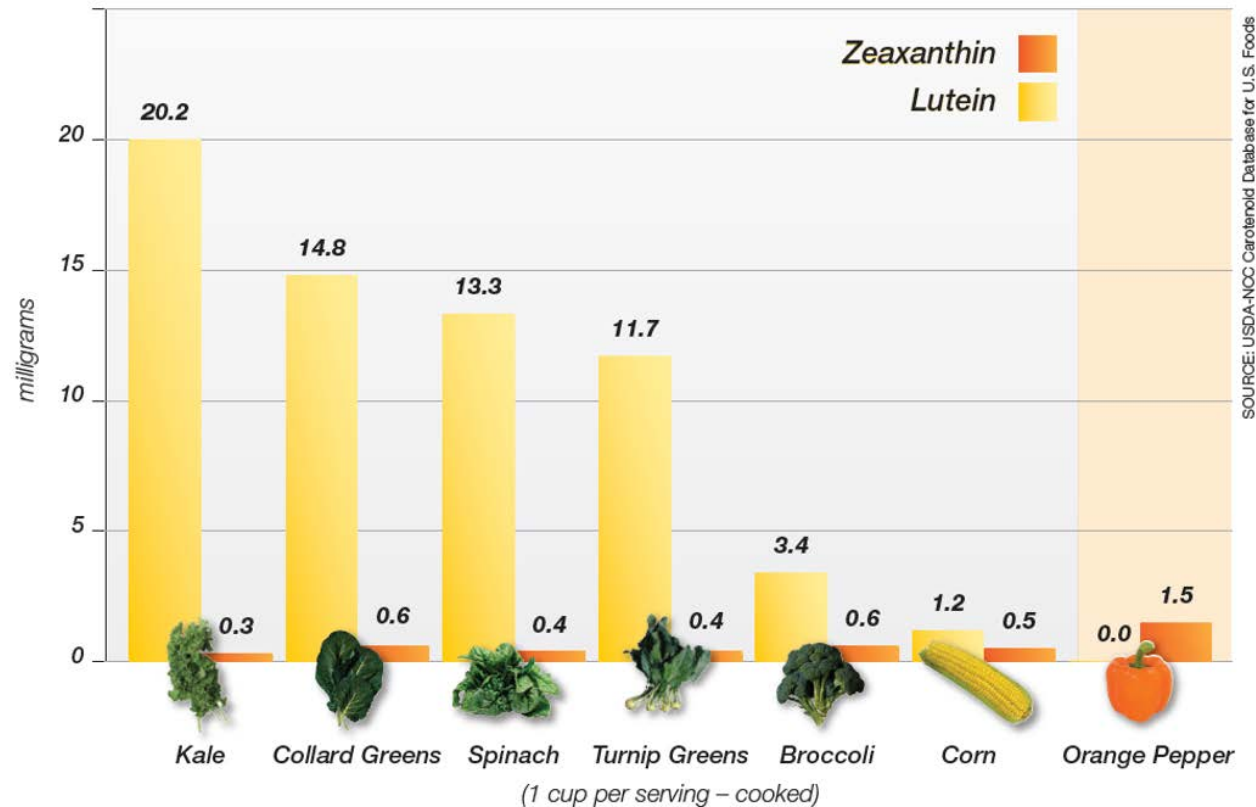


# Why Eye Vitamins Are Necessary

Eating healthy protects vision, however, it's nearly impossible to eat the amount needed to protect and improve vision. In fact, we'd need to eat 20 ears of corn a day to get the amount of zeaxanthin necessary to protect our eyes! The next best option is taking eye vitamins that contain it. Protecting your vision is vital to continue living the life you want.



## The Scarcity of Zeaxanthin in the Diet



## Learn What Zeaxanthin + Lutein can do for your vision.