Article Side

Critical Vitamins for Our Eyes Health by Brian Mike

Article published on December 21st 2011 | Supplements

Every day, millions of us do something to try to keep our bodies in good condition â€“ we exercise, we eat healthy foods, we protect our skin from the sun and dry air â€“ but what do we do for our eyes? There are some critical vitamins, minerals and compounds that our eyes require for optimum health. Vitamin A, B-complex vitamins, vitamin C,lutein, magnesium and zinc are all extremely important for eye wellness. There are also herbal supplements that can aid eye performance. You can help your eyes to function their best by including these eye-supporting herbs in your daily routine:

1) Bilberry extract: Bilberry has been used both medicinally and as a food for centuries. Bilberry fruit contains chemicals known as anthocyanosides, plant pigments that have excellent antioxidant properties. These chemicals are through to help strengthen blood vessels and improve circulation, as well as reduce the risk of blood clots. They also boost the production of rhodopsin, also known as â€œvisual purpleâ€• which is necessary for good night vision. Bilberry extract is available as a stand-alone supplement or in combination with other ingredients.

2) Grape seed extract: Grapes have been used for medicine and food for thousands of years. Vitamin E, flavonoids, linoleic acid, and oligomeric proanthocyanidin complexes (OPCâ€™s) are highly concentrated in grape seeds. High in anti-oxidants, grape seed improves blood flow in the eyeâ€™s blood vessels and wards off the free-radical damage that cause eye macular degeneration. Grape seed extract is most commonly available in combination with other ingredients.

3) Ginkgo Biloba: Ginkgo biloba is the oldest living tree species and has been used medicinally for thousands of years. Ginkgo leaves contain two types of chemicals and terpenoids) believed to have potent antioxidant properties. Laboratory and animal studies have shown that flavonoids protect the nerves, heart muscle, blood vessels, and retina from damage. Ginkgo biloba is available as a stant-alone supplement or in combination with other ingredients.

4) Goji Berry: Goji berries have been used for thousands of years for various health reasons including protecting the liver, helping eyesight, boost immune function and improve circulation. They are a rich source of anti-oxidants, particularly carotenoids such as beta-carotene and zeaxanthin which works to protect the retina of the eye. Goji Berries are available in whole form, juices, or in combination with other ingredients.

Discount vitamins and herbal supplements save on our discount vision support products. Vitamins and supplements can help fill crucial gaps and improve the quality of life for people of any age.

Article Source:
http://www.articleside.com/supplements-articles/critical-vitamins-for-our-eyes-health.htm - Article Side

Brian Mike - About Author:
a Vitamins and Supplements
a Discount Vitamins
a Herbal Supplements

Article Keywords:
Blood Pressure Supplements, Blood Sugar Supplements, Calcium Supplements

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!