Reducing your risk for Diabetic Eye Disease

DIABETIC VISION FORMULA™

Advanced Ocular Vitamin

The most complete eye vitamin for people with diabetes

EyeScience products can be found in your eye care professional’s office or online at www.eyescience.com.

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Diabetic eye disease, also known diabetic retinopathy, is one of the complications that can occur for people who have diabetes. The Centers for Disease Control (CDC) estimates that retinopathy affects 4.1 million Americans.\(^1\) It happens when the blood vessels in the eye are damaged. Early onset of diabetic retinopathy may present itself with no symptoms or can seem like blurry vision.

Diabetic retinopathy may also result in cataracts (a clouding of the vision) or glaucoma (nerve damage that causes pain and vision loss).

There are several risk factors for diabetic retinopathy\(^3\) including:

- Individuals with diabetes – either type 1 or type 2
- Longer length of time with having diabetes
- High cholesterol
- High blood pressure
- Pregnant women
- Individuals who are African American or Hispanic

The National Eye Institute, a division of the National Institutes of Health, cites diabetic retinopathy as the leading cause of blindness for American adults.\(^2\)

The American Diabetes Association states that most people with diabetes will eventually get some form of retinopathy. However, they suggest that early identification of eye problems via regular vision checkups will provide greater opportunities for successful treatment.\(^4\)
Regular eye exams are crucial for the identification of the disease, but what about prevention?

Optical researchers have been working fervently to find ways to treat and prevent diabetic retinopathy. There is a strong interest in researching the effectiveness of nutrient supplementation for treating many eye diseases, including diabetic retinopathy.

A 2010 review in the Journal of Diabetes & Metabolism examined research to date on antioxidant supplementation in treatment of retinopathy with several nutrients such as Vitamin A, Vitamin C and Lipoic Acid and suggested “increasing the application or consumption of a greater diversity of antioxidants is the best way to prevent retinopathy.” (page 7)

A research study in the American Journal of Clinical Nutrition found that subjects who had been taking Vitamin C and E supplements on a long term basis were less likely to have developed retinopathy.5

You have a choice when deciding which eye vitamin to take. There are other eye vitamins on the market today, but it is important to look at the ingredients. The EyeScience® Diabetic Vision Formula includes 11 different nutrients such as: Vitamin B-6, Omega-3, Niacin, Lutein, Alpha Lipoic Acid, Cinnamon Bark, Bilberry, and Grapeseed Extract, and provides a more complete formula, all based upon decades of ocular research studies on diabetic retinopathy. All EyeScience products are reviewed and approved by the EyeScience Scientific Team, which is comprised of a broad base of nationally and internationally recognized scientists and medical professionals.

By starting an eye vitamin regimen with EyeScience® Diabetic Vision Formula, you can be sure that you’re giving your eyes the best chance at maintaining their eye health for better vision long into the future.
DO I REALLY NEED A VITAMIN SUPPLEMENT IF I HAVE A HEALTHY DIET?

Yes. While a healthy diet rich in antioxidants may be beneficial, diet alone is not likely to provide sufficient levels of the vitamins and antioxidants needed to protect and possibly delay the onset of diabetic eye disease. The positive findings from the research were based upon the usage of vitamin supplements, not dietary intake.

ISN’T MY MULTI-VITAMIN SUPPLEMENT GOOD ENOUGH?

No. There are several nutrients in the formula which you would not find in most multivitamin formulas. Additionally, the levels of antioxidants and vitamins are not high enough in most multivitamin formulas. The best chance for matching the effectiveness of the clinical research comes from taking the same dosages that were shown to be effective. The EyeScience® Diabetic Vision Formula was specifically formulated to provide the essential antioxidants and vitamins recommended by eye care specialists to prevent and protect from diabetic eye disease.

ENDNOTES


