





EyeVital

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Content
100 Piece / Capsules
PZN 4251851
RRP 59,90 €
- 

Recommended intake
1 capsule / day
- 

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering
- 

free of
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin

Now is a good time to do it.

Burgerstein EyeVital is tailored to the needs of the eyes and contains vitamins, trace elements and taurine as well as the carotenoids lutein and zeaxanthin. Zinc and vitamin B2 contribute to the maintenance of normal vision and manganese and copper help to protect the cells from oxidative stress.

Lutein and zeaxanthin are accumulated in the retina at the point of the sharpest vision. There they form the so-called macula pigment, which acts as a light filter and antioxidant. A low concentration of this pigment is associated with a form of age-related visual impairment.

Like hardly any other organ, our eyes are exposed to numerous external influences every day. This puts a strain on our eyes and makes them hard to see. In addition, our vision deteriorates naturally with age.

Eye vitamins - this term summarises vitamins, minerals, trace elements, enzymes and amino acids that are used in the eye. Their "talent" ensures that the eye is better protected against daily stresses and deficiencies that have already led to initial problems are compensated for. Especially in the context of prevention, a targeted and regulated intake of vitamin preparations can be very helpful after consultation with an ophthalmologist. Eye vitamins act primarily against "free radicals" that damage the retina. They support cell protection and the activation of biocatalysts (enzymes). In addition, they act as "inner ...

EyeVital supports...

- **... people who frequently work at a computer screen.**
Especially for people who put extra strain on their eyes (watching TV, reading, sun, etc.)
- **... the protection of the eyes**
Manganese and copper help to protect the cells from oxidative stress
- **...from approx. 45 years of age**
Lutein and zeaxanthin occur naturally in the retina - with age the concentration of the two carotenoids decreases

Supporters of lutein and zeaxanthin in the retina can, among other things, act in two ways (Schalch, 1992): On the one hand, both substances bind free radicals and in this way reduce oxidative stress (effect as antioxidants). Lutein cannot be produced in the body and must therefore be constantly supplied to the body.

Lutein and **zeaxanthin** can be found in many foods. Dark leafy vegetables are the main source of **lutein** and **zeaxanthin**, but they are also found in lower concentrations in other fruits and vegetables. Examples include broccoli, orange peppers, corn, peas, persimmons and tangerines.

Micronutrients for dry eyes

Artificial tears are the main treatment for dry eyes. They wet the surface of the eye, but only relieve the symptoms for some time. Anti-inflammatory and antioxidant therapies, on the other hand, aim to correct some causes of dry eyes. Here, omega-3 fatty acids in particular have become the focus of research. These include the plant-based, short-chain alpha-linolenic acid and the long-chain EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) from fish oils.

A number of other micronutrients also affect the ocular surface. These include vitamin A, for example, which can improve tear quality and is generally important for healthy eyes. Vitamin C is highly concentrated in the tear film and contributes to antioxidant defence. Vitamin D influences and stabilizes the surface of the eye. Dry eye symptoms improved after supplements, especially when vitamin D was low. Selenium is thought to help balance reactive oxygen species and antioxidant scavengers in dry eyes, for example by supporting the formation of the antioxidant enzyme glutathione peroxidase, which is present in the ocular surface. Some effects are also described for vitamins E and B12.



Nutritional values	Per daily portion (1 capsule)	NRV*
Beta-carotene	2,00 mg	42%
Vitamin B1 (thiamine)	1,40 mg	127%
Vitamin B2 (riboflavin)	1,60 mg	114%
Vitamin B6 (pyridoxine)	2,00 mg	143%
Folic acid (B9)	200,00 µg	100%
Niacin (B3)	18,00 mg	113%
Vitamin C	60,00 mg	75%
Vitamin E	30,00 mg	250%
Copper	1,00 mg	100%
Lutein	18,00 mg	-
Manganese	1,00 mg	50%
Selenium	50,00 µg	91%
Zinc	5,00 mg	50%
Zeaxanthin	0,90 mg	-
Energy kJ	11,00 kJ	-
Energy kcal	2,50 kcal	-
Protein	0,20 g	-
Carbohydrates	< 0,20 g	-
thereof polyhydric alcohols	< 0,10 g	-
Fat	< 0,20 g	-
thereof saturated fatty acids	< 0,20 mg	-

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Coating agent (edible gelatin (bovine)), canola oil, calcium L-ascorbate, humectant (glycerin), taurine (6.5%), D-alpha-tocopherol, mixed tocopherols, zinc gluconate, nicotinamide, lutein and its esters from tagetes, thickener (beeswax), angangluconate, emulsifier (lecithin), copper gluconate, pyridoxine hydrochloride, colorants (iron oxides and iron hydroxides), beta-carotene, thiamine mononitrate, riboflavin, zeaxanthin from tagetes, pteroylglutamic acid, sodium selenate.

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.