



Life Long Products

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Re-Vital Eyes (Bright Eyes) Information Sheet

Of the many different human senses, eyesight is probably the most highly prized, yet the majority of us take it so much for granted. Unfortunately, many people will suffer from serious eye problems, once they are over sixty (sometimes even younger) such as Age Related Macular Degeneration, Dry Eye Syndrome, Floaters, Glaucoma and Cataracts.

What is Age-Related Macular Degeneration (AMD)?

Sometimes the delicate cells of the macula become damaged and stop working. Almost certainly it is some sort of nutritional deficiency that can happen at any age, although it tends to happen as people get older and is referred to as age-related macular degeneration.

Age Related Macular Degeneration (AMD) is a serious condition, which affects nearly 2 million people in the United Kingdom. It is the most common cause of poor sight among people over 60, but while it rarely leads to 100% complete sight loss, most sufferers will have severely restricted vision. (Please see the New Focus Information Sheet for more detailed information on Age Related Macular Degeneration).

What is Dry Eye Syndrome?

Dry Eye Syndrome is a chronic lack of sufficient lubrication and moisture in the eye; this is due to the eye not producing enough tears, or that the tears have a chemical composition that causes them to evaporate too quickly. Tears are essential to good eye health, as they bathe the eye, washing out dust and debris and keep the eyes moist, they also contain enzymes that neutralize the micro-organisms that colonize the eye.

Persistent dryness, itching and burning in your eyes are signs of Dry Eye Syndrome; some people may experience the sensation that there is a 'foreign body' in the eye and sometimes watery eyes can actually result from Dry Eye Syndrome, because the excessive dryness works to over stimulate production of the watery component of the eye's tears.

There are many causes, including:

- long term contact lens use
- side effects to many medications
- living in a dry, dusty or windy climate
- working on a computer for long hours
- the natural ageing process, especially during menopause
- your office or home has air conditioning or a dry heating system, which can dry out your eyes

Dry Eye Syndrome may also be a symptom of some other condition or disease; therefore, it may be advisable to seek advice from your doctor or practitioner.

This condition can be very uncomfortable, now treatment is at hand now in the form of natural eye drops. See information below.

What are Floaters?

Floaters are actually thin clumps of gel or cells inside the vitreous, the clear jelly-like fluid that fills the inside of your eye. Floaters may look like specks, strands, webs or other shapes, actually what you are seeing are the shadows of floaters cast on the retina, the light-sensitive part of the eye. If a spot or shadow shape passes in front of your field of vision or to the side, you are seeing a floater, because they are inside your eye, they move with your eyes when you try to see them. You may also see flashes of light; this occurs more often in older people and could be a warning sign of a detached retina, although this naturally, is more rare.

Clumps of vitreous gel can float in the eye, creating the spots and floaters that many people see in bright light. Large numbers of these clumps can be produced when the vitreous gel begins to liquefy or shrink, usually with ageing and detaches from the inner back of the eye (retina). The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment.

It is a frequent cause of floaters and is more common for those who:

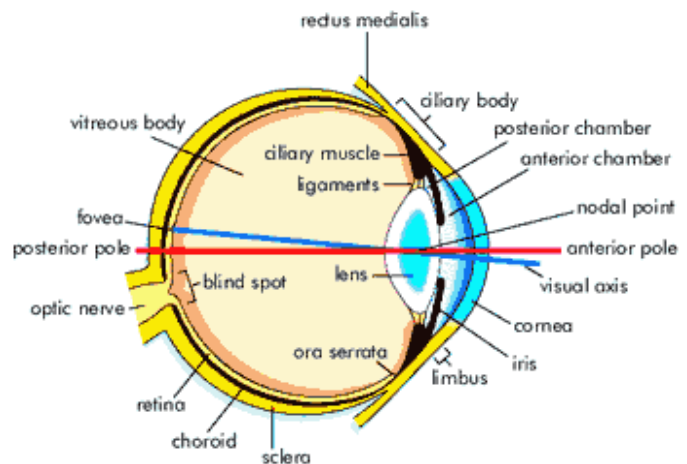
- are near sighted
- who are middle aged or older
- have undergone cataract surgery
- have had laser surgery of the eye
- have had inflammation on the inside of the eye

The resulting spots and floaters you see after a vitreous detachment are actually 'shadows', caused by clumped bits of vitreous gel when light shines past them onto the retina, where vision processing occurs. If there is a sudden appearance of a significant number of floaters, especially if they are accompanied by flashes of light and/or other vision disturbances, please visit your Doctor or practitioner.

Most spots and floaters in the eye are harmless; many will fade over time and become less bothersome, but persistent floaters can be very distracting and annoying. Treatment is at hand now in the form of natural eye drops. See information below.

What is a Cataract?

The lens of the eye, the part that helps focus light onto the retina, which in turn sends the visual signals to the brain, is made mostly of water and protein. When too much protein builds up, it clouds the lens blocking some of the light and impairing vision, the build up is the formation of a cataract. It is not a growth but rather a clouding or hazing of the lens.



What are the Symptoms of Cataracts?

Some people with cataracts will find that it is like looking through a frosted piece of glass, a fog or film covering their sight and colours may not appear as bright. A cataract may also make light from the sun or a lamp etc., seem too bright or glaring; it may also be very difficult to drive at night as oncoming headlights may cause more glare than before. Many don't even know that they have cataracts if the cloudiness has not greatly altered their sight. However, others with cataracts may lose the ability to perform routine activities and will find it very distressing and debilitating.

What are the Causes of Cataracts?

Mainly, cataracts occur as a person ages, these are called age-related cataracts or more scientifically, nuclear sclerotic cataracts.

Cataracts can also result from a variety of environmental conditions and injuries and these are called, either secondary or traumatic cataracts. The potential factors for developing cataracts include:

- suffering from diabetes
- heavy alcohol consumption
- a family history of cataracts
- being 65 years of age or more
- being grossly over or underweight
- having a very poor, inadequate diet
- being a smoker or former heavy smoker
- suffered a blunt or penetrating eye injury
- excessive, long exposure to UV (sun) light
- having taken steroids or certain other medications

What is the Treatment for Cataracts?

Cataract removal by surgery seems to be one of the most popular ways of dealing with cataracts. During surgery the surgeon will remove the clouded lens and in most cases replace it with a clear, plastic intraocular lens (IOL). The patient is given eye drops to enlarge the pupil of the eye to be operated on, giving the surgeon better access to the lens. Some people choose to remain awake during the procedure and select local anaesthesia; others may require general anaesthesia to keep them relaxed throughout the procedure. Most patients are allowed home the same day, but the elderly or those at risk, may be kept in overnight for observation.

The recovery and healing period is usually several weeks, with regular follow up appointments. As with any surgery, there are some risks involved in cataract surgery, including the rise in the eye's pressure, which may occur after surgery. Because an incision is made in the eye, infection is also a risk, as is haemorrhage or retinal detachment, although these symptoms are a rare occurrence. However, there are many people who cannot undergo a cataract operation, i.e. they have severely impaired vision in one eye, so cannot take the risk with the good eye; have a medical condition that prevents an operation; or for those who have a very nervous disposition, especially with hospital care etc. Natural remedies may help, especially in the prevention of cataracts.

Tips for Healthy Eyes

- drink lots of fresh water (filtered if possible)
- take good quality Vitamin E and Vitamin C supplements
- a Healthy Diet with plenty of fresh fruit, vegetables and salad
- introduce Oily Fish into your diet and/or take a good quality Fish Oils supplement
- ensure you include Lutein and Zeastaxanthin into your diet, they are found in many vegetables and/or take a good quality Lutein and Zeastaxanthin supplement

What is Re-Vital-Eyes?

Re-Vital Eyes are eye drops containing NAC N-Acetyl-Carnosine. These powerful eye drops have been shown to be effective in many cases of primary senile cataract and in some cases of mature senile cataract; it can also be very effective with many other eye problems, including floaters, irritations and as a lubricant to relieve dryness of the eye. **It has also recently been proven to be very effective with Glaucoma & Macular Degeneration.**

How does Re-Vital-Eyes work?

Maintaining eye health is a major concern as we age; as we get older our eyes have a harder time fighting off free radicals that can cause damage. A highly oxidized environment within cells can be caused as a result of a chemical reaction from exposure to oxygen and sunlight.

Since the lens of the eye acts as a light shield for the retina, it's no wonder it takes all the oxidative punishment. The destructive action of free radicals (they are oxidizing agents) also destroys enzymes that are needed to maintain cellular metabolism and since blood flow decreases with age, the eye is further deprived of other essential nutrients for health.

Although many praise the benefits of dietary supplements, an additional way of preventing and treating eye disorders is through topical solutions.

Re-Vital-Eyes is one of the most advanced eye formulas that offers protection from free radicals, because of its unique formulation of lubricants, antioxidants and an anti-glycating agent. Glycation occurs as a result of non-enzymatic binding of sugar to protein, which eventually leads to tissue damage; this is a condition that increases with age.

The newly formulated Re-Vital-Eyes contains N-Acetyl-L-Carnosine, a naturally occurring antioxidant and anti-glycating agent that, when topically applied, can penetrate and protect the lipid tissues of the eye against light damage. Re-Vital-Eyes will help to diminish free radical damage; the harmful effects of glycosylation associated with degenerative eye disease and may help with cataracts. Also excellent for the relief of discomfort, due to minor irritations of the eye or to exposure from wind or sun; for use as a lubricant and a protectant against further irritation or to relieve dryness of the eye.

Ingredients:

Antioxidants: N-Acetyl-Carnosine (NAC)	- 1.0%
Glycerin (lubricant)	- 1.0%
Hydroxypropylmethylcellulose Sodium (lubricant)	- 0.15%

Sterile Water (ophthalmic grade isotonic solution, pH 6.3 to 6.5)
Buffered with Boric Acid, Citric Acid and Potassium Bicarbonate Purified Benzyl Alcohol (as a preservative)

Recommended Usage:

The suggested use of Re-Vital Eyes eye drops is to apply one to two drops in each eye, once or twice every day. Those with any kind of eye problems i.e. cataracts etc., should apply two drops at least twice a day, or **several times a day** if possible, in each affected eye. For serious problems, the product must be applied regularly for several months or more; **however, it has been proven that regular, daily frequent use can speed up the healing process.** Once an improvement has been felt, the dose can be reduced to a maintenance dose of one to two drops in each eye, once or twice daily. **Contact lenses should be removed prior to inserting the drops.**

When applying the eye drops, lean head back and look up. Place one drop at a time, in the middle of the eye and gently close the eye. Do not blink or re-open the eye for 60 seconds. Repeat this procedure if further drops are used. Closing the eye allows each drop to be absorbed into the eye tissue. Blinking, even once or twice, may pump some of the solution out.

The re-sealable vials allow for a small amount of product to be exposed to oxygen and bacteria, the unopened vials can be stored in a dark cool place; however, once opened, store in the refrigerator to extend shelf life.

Re-Vital Eyes

£40. 00 per box (2 x 5ml bottles) plus p & p

For more information or to order please

Tel: 0870 770 7661 or visit

www.lifelongproducts.com