



# ARE YOU AT RISK FOR AGE-RELATED CATARACTS?

Age-related cataracts are the leading cause of blindness worldwide. The number of people with age-related cataracts will increase dramatically in the next 20 years in the U.S. and the rest of the Western world mainly because of growing life expectancy.<sup>1</sup> Cataract surgery is the most common operation performed in the UK. There was an estimated cataract rate of 19.3 percent in European adults in 2007. This prevalence increases with age: by 5 percent for those aged 52-62, 30 percent for those aged 60-69 and 64 percent for those over 70 years of age.



Cataracts are even more prevalent in developing countries, such as India and China. People with cataracts in the developing countries are not able to receive cataract surgery; therefore, cataract blindness will continue to increase in the coming decades. For instance, the surgical coverage in patients with cataract blindness was only 35.7 percent in the rural areas of China in 2010. It is estimated that the need for cataract surgery would be diminished by one-half if cataract formation could be delayed by only 10 years. Understanding the risk factors may help define the best methods to prevent or delay age-related cataracts.<sup>1</sup>

## VITAMIN C FOUND TO REDUCE AND DELAY CATARACTS

A recent study by King's College London looked at the progression of cataracts in 324 pairs of female twins over a 10-year period. They examined participants' lenses and found that subjects who took higher levels of vitamin C had a 33 percent reduced risk of cataract progression and "clearer" lenses after 10 years than those who had consumed less dietary vitamin C. The scientists also reported that if the vitamin C was higher in the blood, it produced tears that contained vitamin C and this had an effect on bathing the lenses with enriched tears, showing another protective effect.<sup>2</sup>



Another recent scientific report evaluated 30 clinical studies for dietary vitamin C intake and the levels of vitamin C in the blood. Those persons who consumed the most vitamin C had a lower incidence of the two most prominent forms of cataracts (nuclear and posterior subcapsular). The authors of this peer reviewed paper stated that "Vitamin C intake should be advocated for the primary prevention of cataract."<sup>1</sup> Another study which evaluated 18,999 participants showed that blood levels of certain antioxidants are associated with a reduced risk of cataract formation.<sup>3</sup>

Humans are one of the few mammals that do not produce their own vitamin C, as we lack a particular enzyme for the final reaction in our cells to produce it. It is vital and we must obtain it from an outside dietary source. Vitamin C is crucial to forming skin tissue and gum tissue. In addition, numerous cellular reactions



depend on vitamin C as a cofactor. Immune cells are metabolically very active. Some white blood cells need up to 40 times more vitamin C than other cell types. Immune cells play numerous roles in recognizing, attacking and eliminating foreign invaders, viruses, harmful bacteria and mutated cells in the body.

### IMMUNE+++ CONTAINS A SUPERIOR FORM OF VITAMIN C CALLED LIFE-C BLEND

The vitamin C used in IMMUNE+++ was developed to prolong the biological activity and beneficial functions that are vitamin C-dependent. It is a proprietary preparation of ascorbic acid with citrus bioflavonoids and lipid metabolites from natural "GRAS" vegetable sources. The lipid metabolites act as vitamin C carriers to increase intestinal absorption, improve its distribution throughout tissues, and enhance cellular uptake, allowing the ascorbic acid to enter cells more rapidly. Citrus bioflavonoids increase the antioxidant capabilities of the vitamin C and support protection against chronic inflammatory diseases and oxidative stress.

LifePharm chose Life-C blend because this vitamin C form has additional benefits:

- Is highly stable, unlike other vitamin C forms
- Is more rapidly absorbed and 233 percent more highly retained in the blood stream
- Promotes nerve regeneration 120 percent more efficiently than standard forms of vitamin C
- Promotes wound healing 30 percent faster than other vitamin C forms
- Reduces C-reactive protein (biomarker for chronic inflammation)
- Shows good delivery of antioxidant potential and free radical scavenging activity as measured in the blood

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The ingredients in the IMMUNE+++ formula are superior in quality and have been selected for their synchronistic benefits. They are shown to optimize and strengthen the immune system and the other major organ systems of the body. Keeping your immune system strong lessens the risk of harmful processes that can overtake your healthy organs. The Life-C blend with the medicinal-culinary mushroom blend, bioflavonoids and antioxidants from Camu camu, Acerola, Ashwagandha, Sea Buckthorn and Pomegranate fortify your nutritional needs with an utmost blend to benefit the health of your eyes, skin, brain, immune system and overall health.

Why wait to incorporate IMMUNE+++ into your daily regimen when the benefits are so important to overall health? It's not for your eyes only. It's for your whole body.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### REFERENCES

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3. Cui YH, Jing CX, Pan HW. Association of blood antioxidants and vitamins with the risk of age-related cataract: a meta analysis of observational studies. *Am J Clin Nutr* 2013 Sep;98: 778-86.