

Brits need to eat more green vegetables to keep their eyes in top condition

Less than a third of Brits (30%) worry about sight loss¹, despite the fact that one million people in the UK are registered as blind². The finding comes from research released today by the makers of lutein, a carotenoid proven to maintain eye health³, found in dietary supplement ICaps[®].

Containing lutein and zeaxanthin, ICaps tablets provide up to four of your daily recommended amount of fruit and vegetables, an easy way to top up nutrients essential for eye health, with their comprehensive formula of antioxidant vitamins, minerals, and carotenoids vital to vision and ocular health.

Dr Eperjesi, an optometrist who lectures in the field of ocular nutrition and eye disease at Aston University says, "Research has shown that just eating plenty of fruit and vegetables each day can reduce your risk of eye conditions by a third. The UK Food Standards Agency recommends at least five 80g portions per day. Also wearing good quality sunglasses which block out the sun's harmful UVA and UVB rays when you are out in the sun will help stop permanent damage to the eyes."

Lack of concern about sight loss might be understandable if people had regular sight checks, but the research shows two-thirds of 20 - 49 year-olds never or rarely visit an optometrist, compared with just 16% of the same age group who never or rarely visit the dentist.

¹ Research undertaken by Frost & Sullivan, Feb 2006, among 2,012 adults in Europe, 500 of whom were in the UK.

² From www.luteininfo.co.uk

³ Morganti Morganti, P., Bruno, C., et al. (2002). "Role of topical and nutritional supplement to modify the oxidative stress." *International J Cosmetic Science* 24:331-339.

TV doctor Chris Steele, from 'This Morning', said: "Given the amount of time spent in front of screens for work and leisure, it is extremely worrying that we are much more likely to visit the dentist than the optometrist."

ICaps is the most frequently recommended ocular supplement for people over 40, by ophthalmologists and opticians. They are available from opticians and pharmacists.

Ends

Notes to editors

1. Research undertaken by Frost & Sullivan, Feb 2006, among 2,012 adults in Europe, 500 of whom were in the UK.

2. Lutein provides nutritional support to our eyes and skin—the only organs directly exposed to the outside environment. Lutein has been linked to promoting healthy eyes. Studies suggest that a mixture of nutrients, including lutein, may provide supplemental antioxidant capacity to the skin, helping counteract free radical damage.

- ICaps retail at £9.95 for a one-month pack of 60 tablets. Visit www.icapsinfo.co.uk for advice and stockists details
- To ask Dr Frank Eperjesi a question related to eyecare please visit the website www.icapsinfo.co.uk