

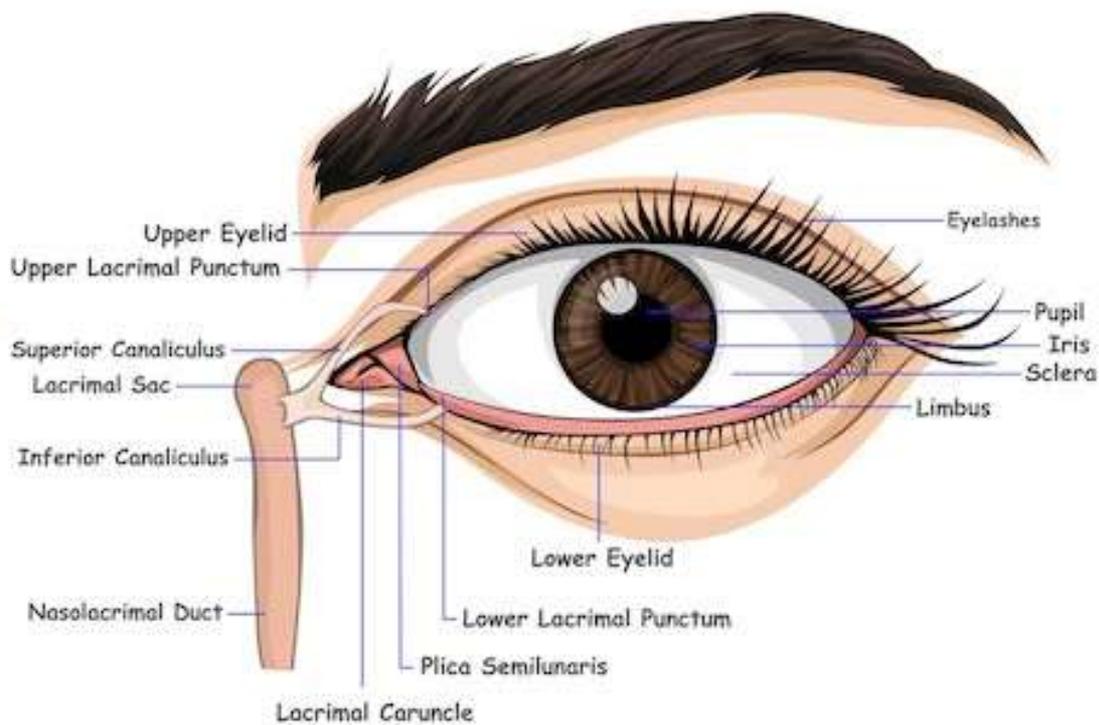
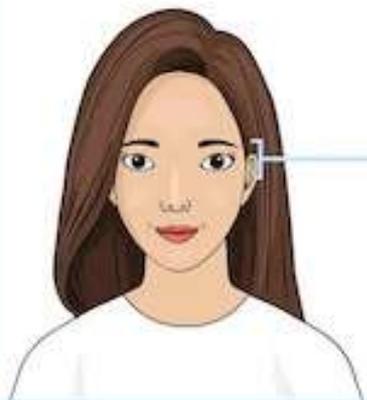


Eye Health in Functional Medicine: A Holistic Approach to Vision Wellness

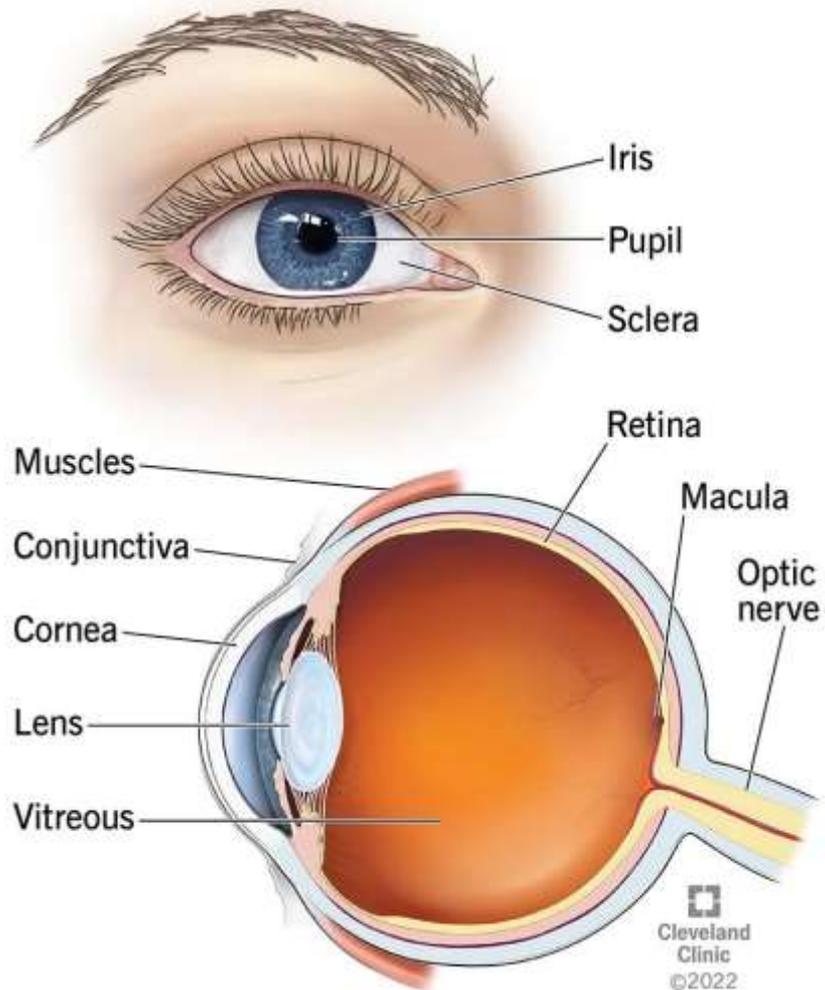
By Dr. Leroy Rebello

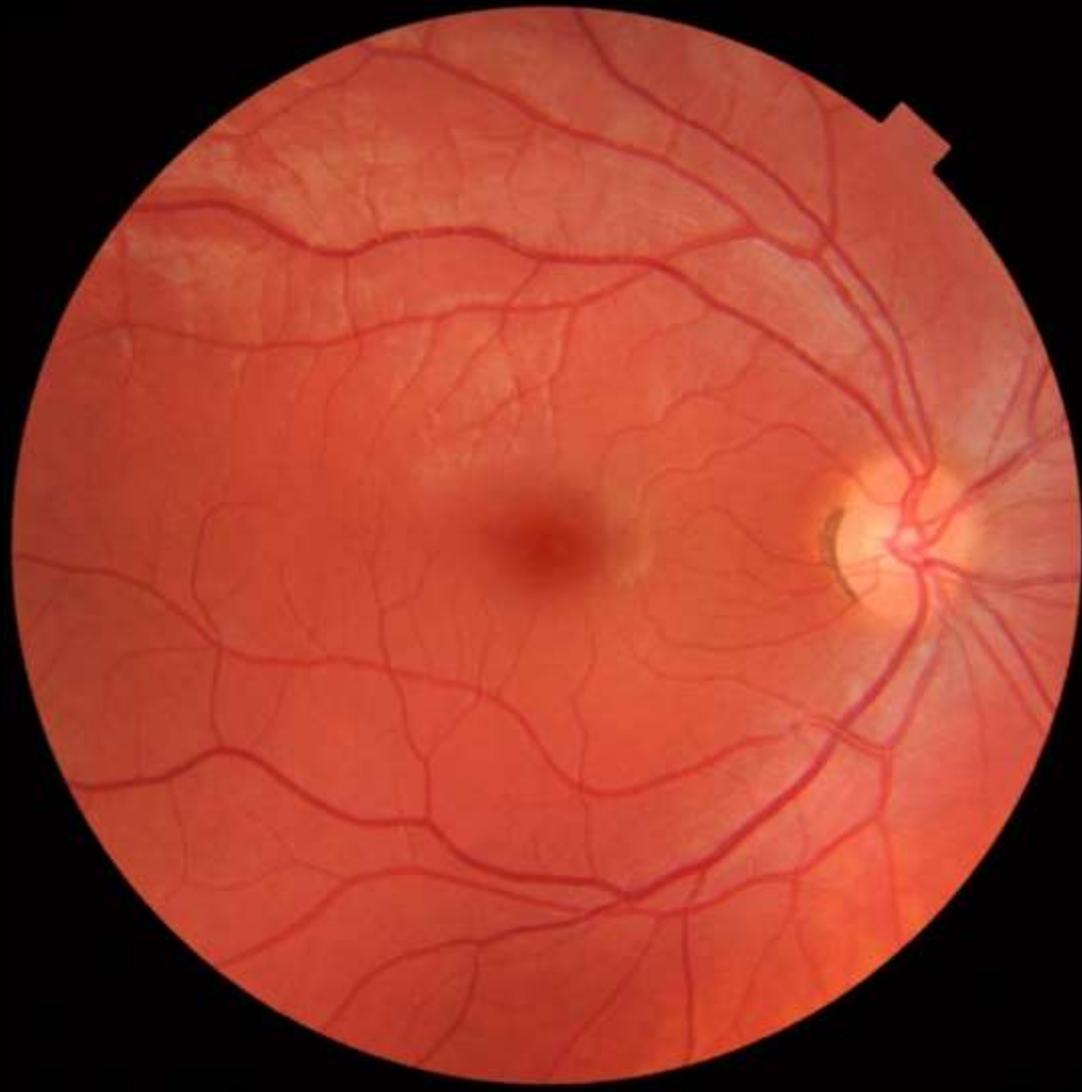
External Eye Anatomy

Front View

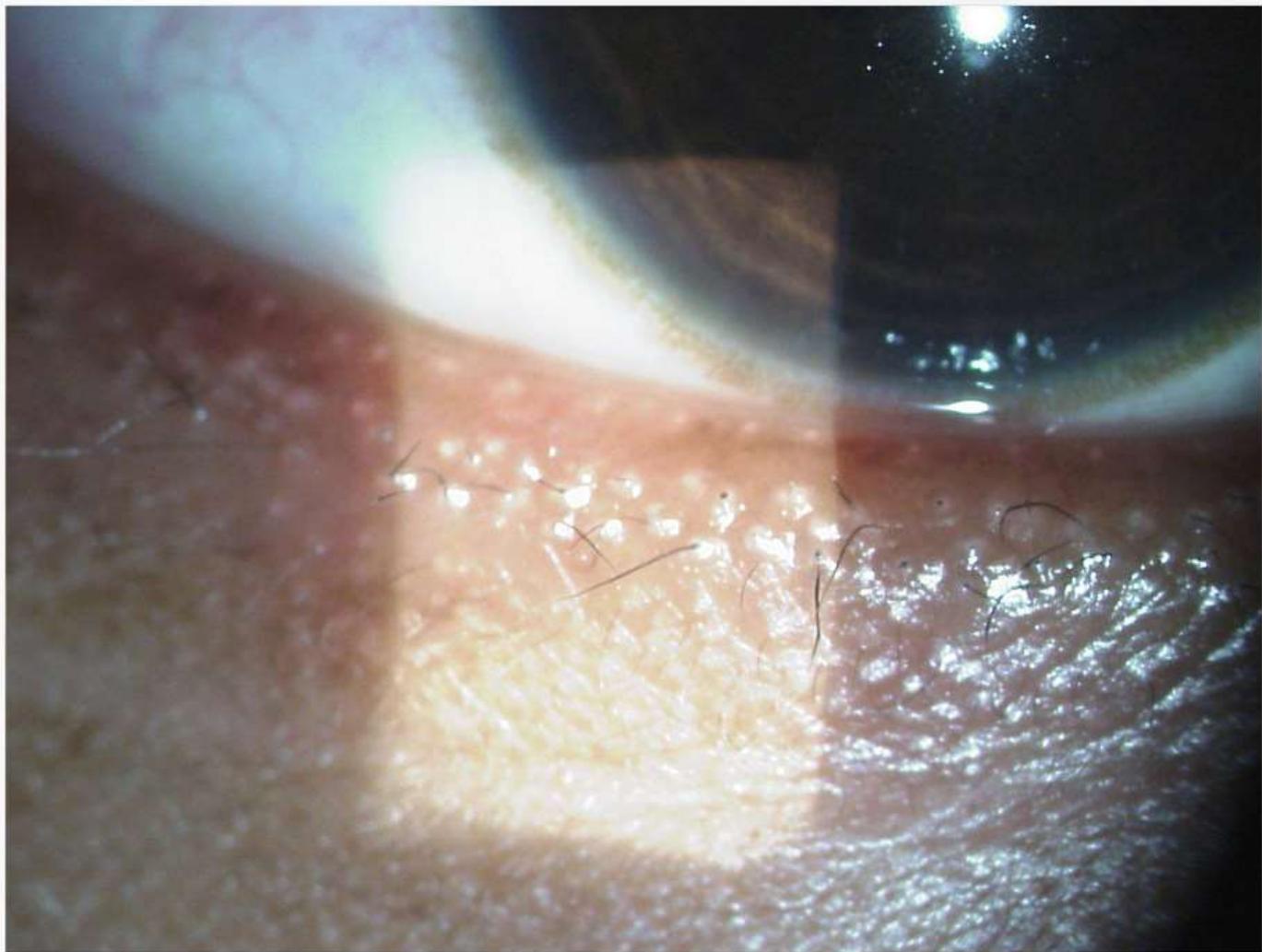


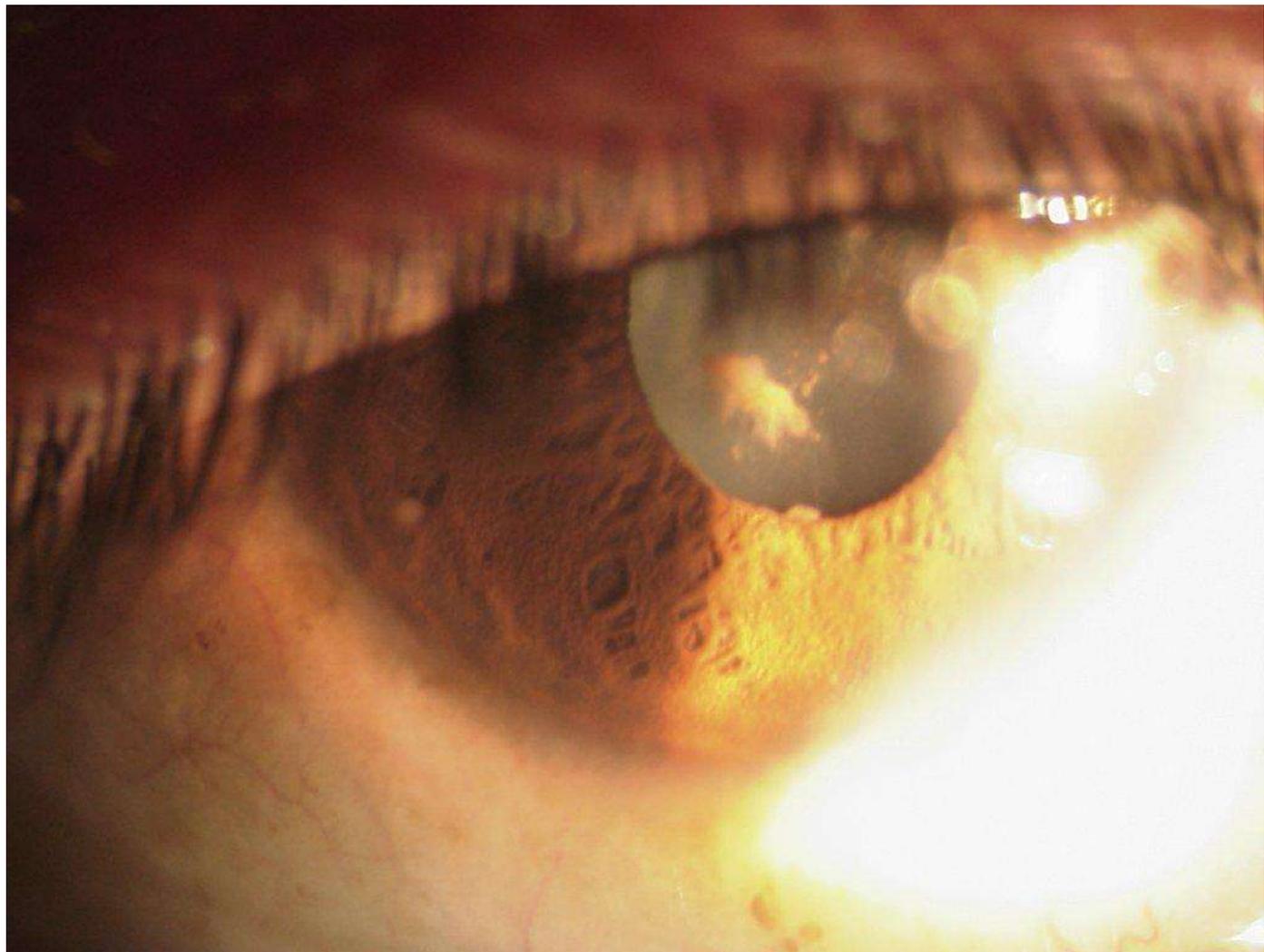
Eye anatomy

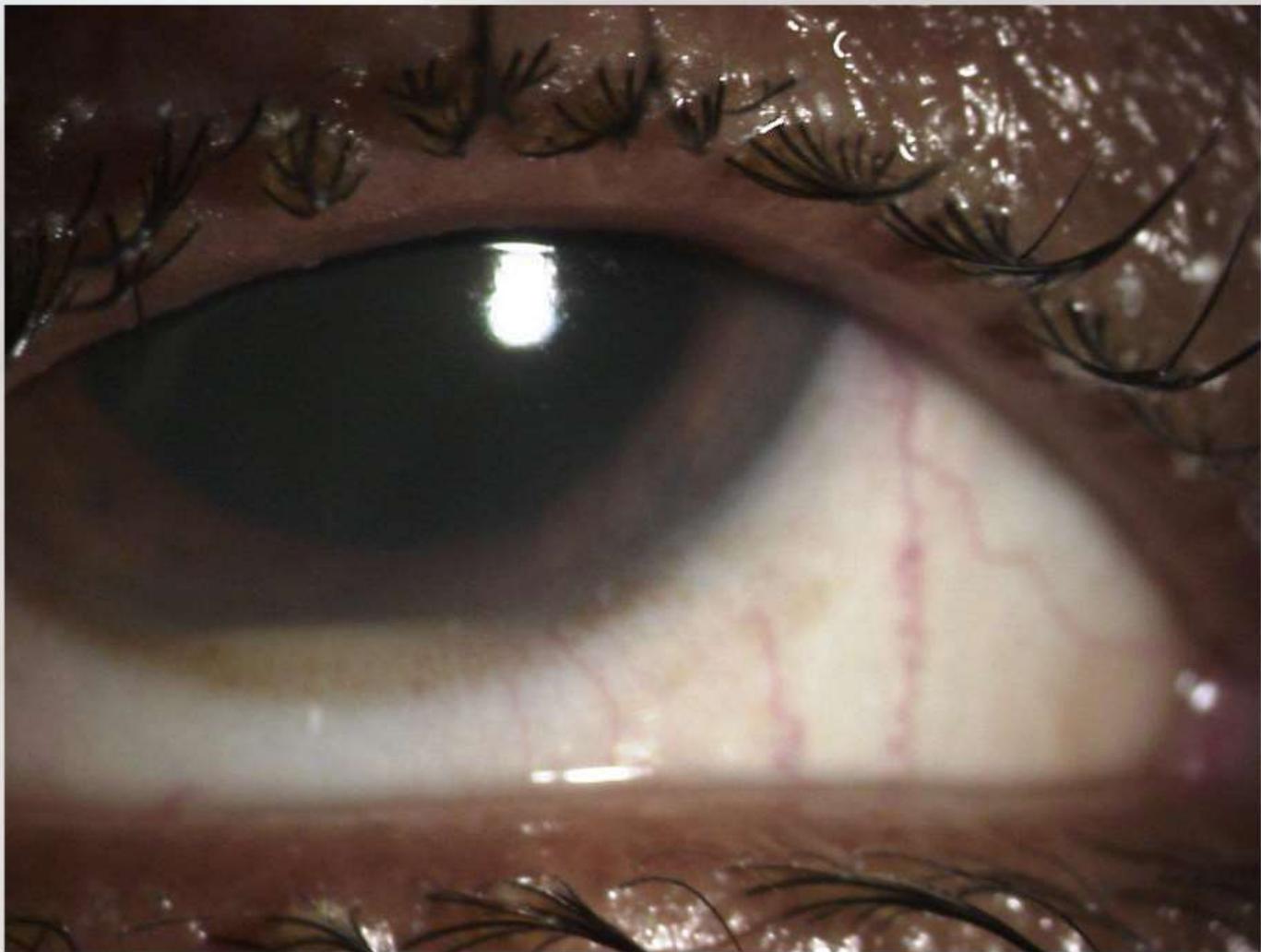




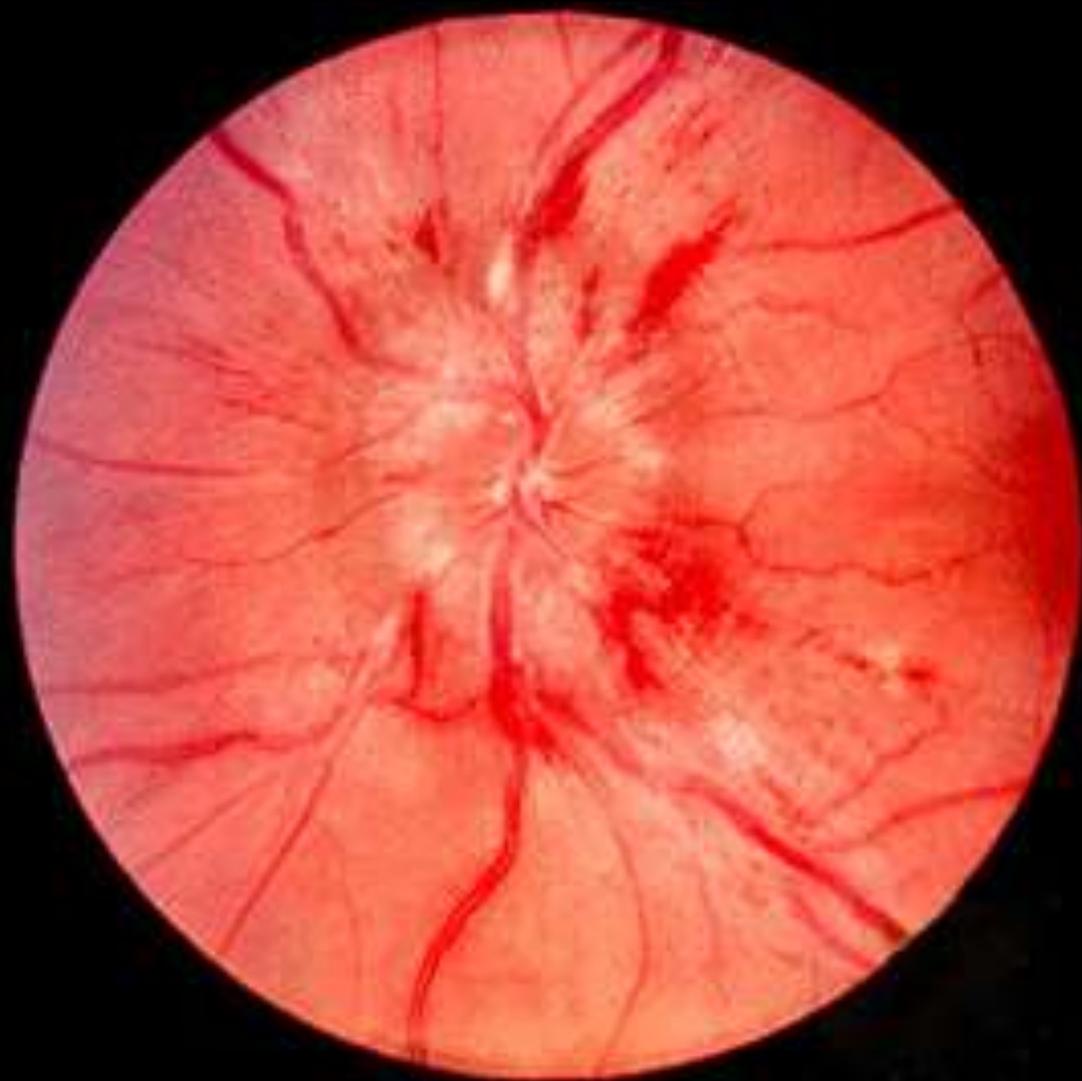


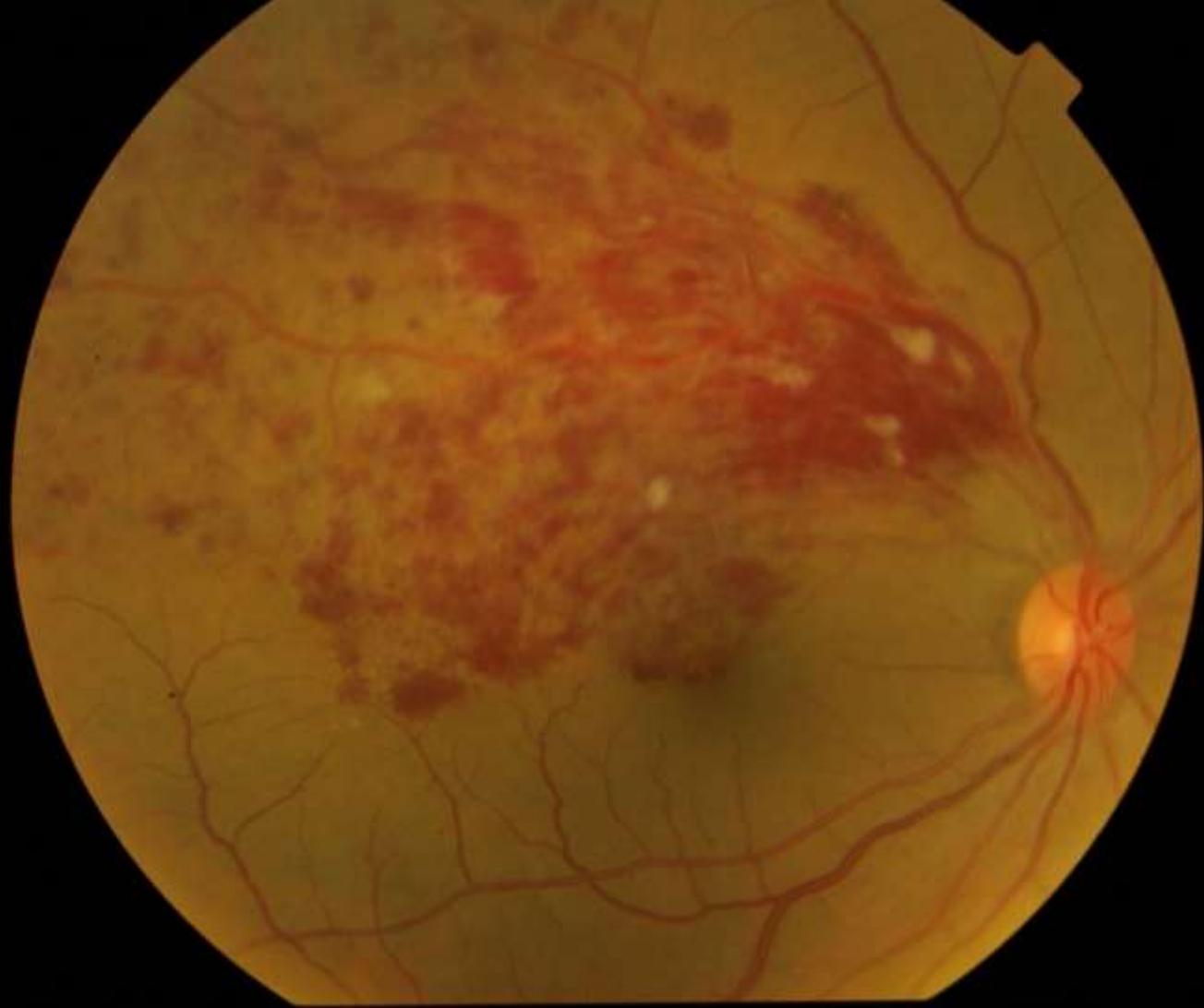


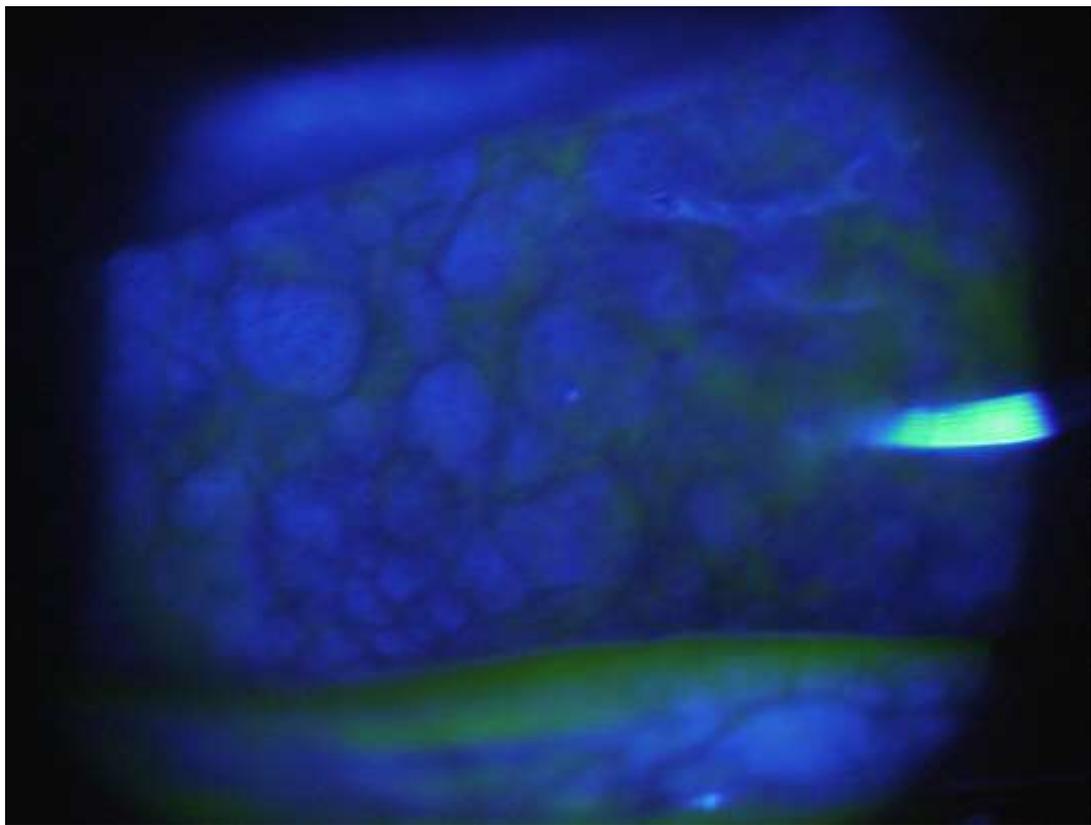


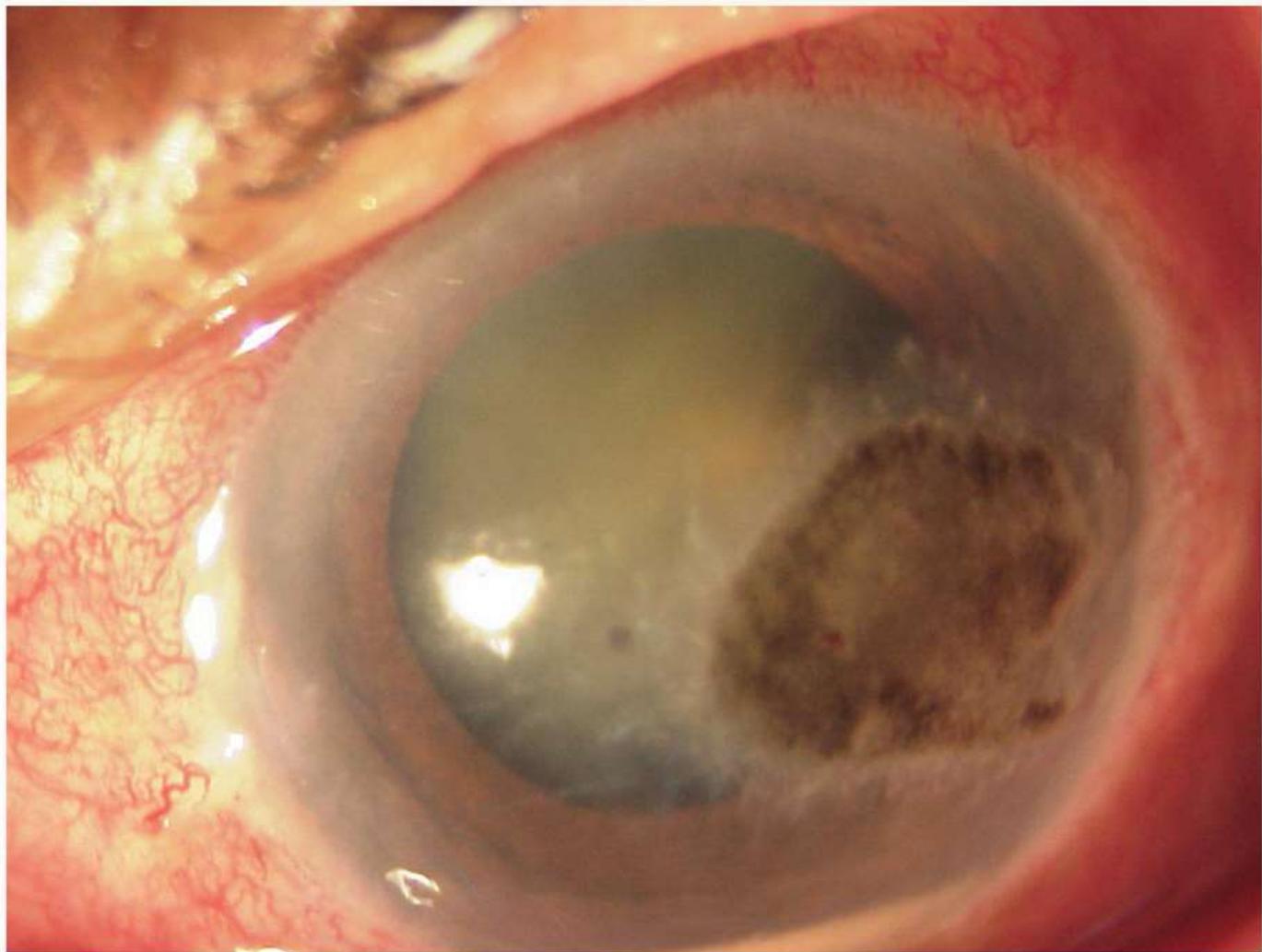


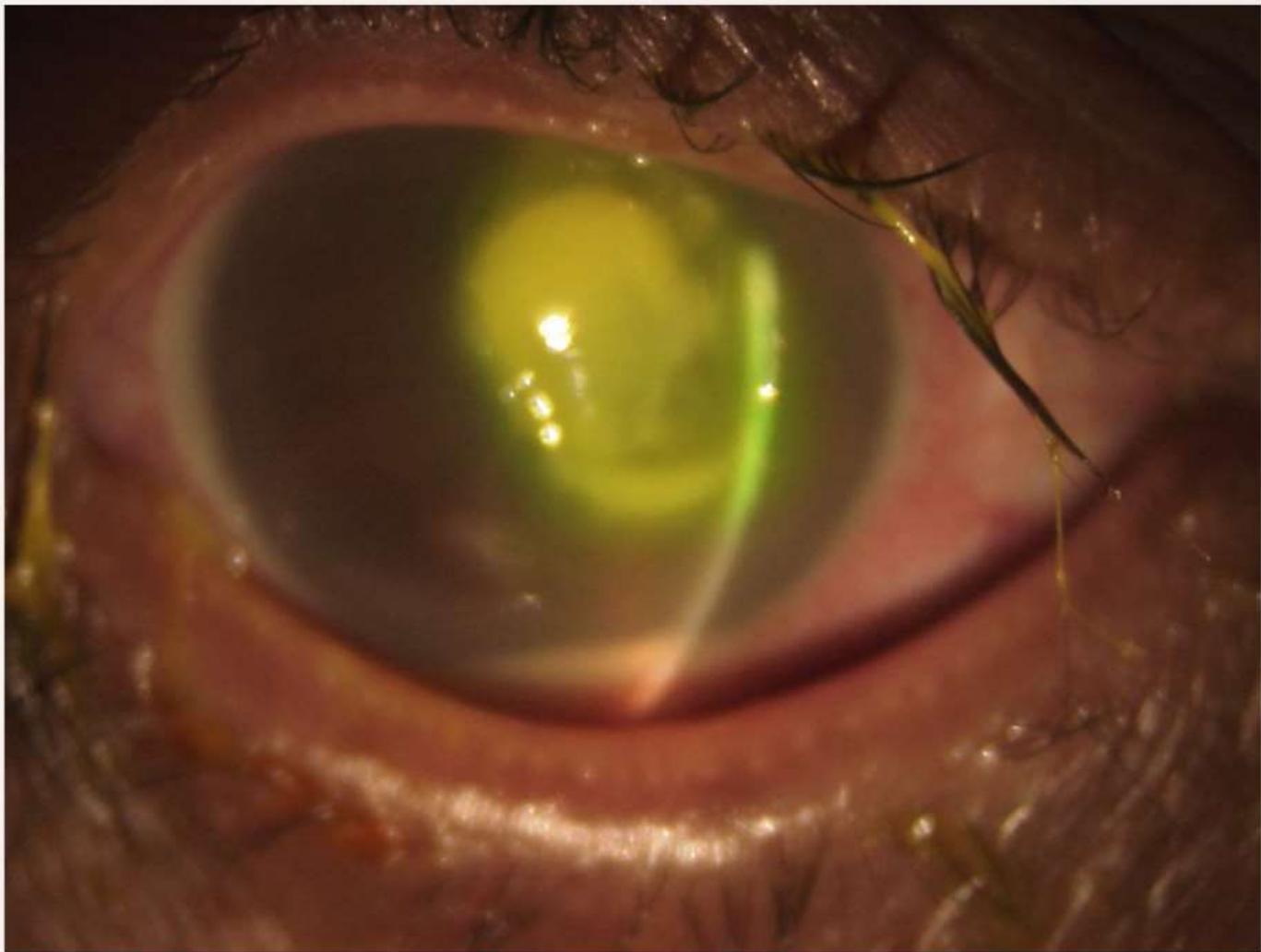


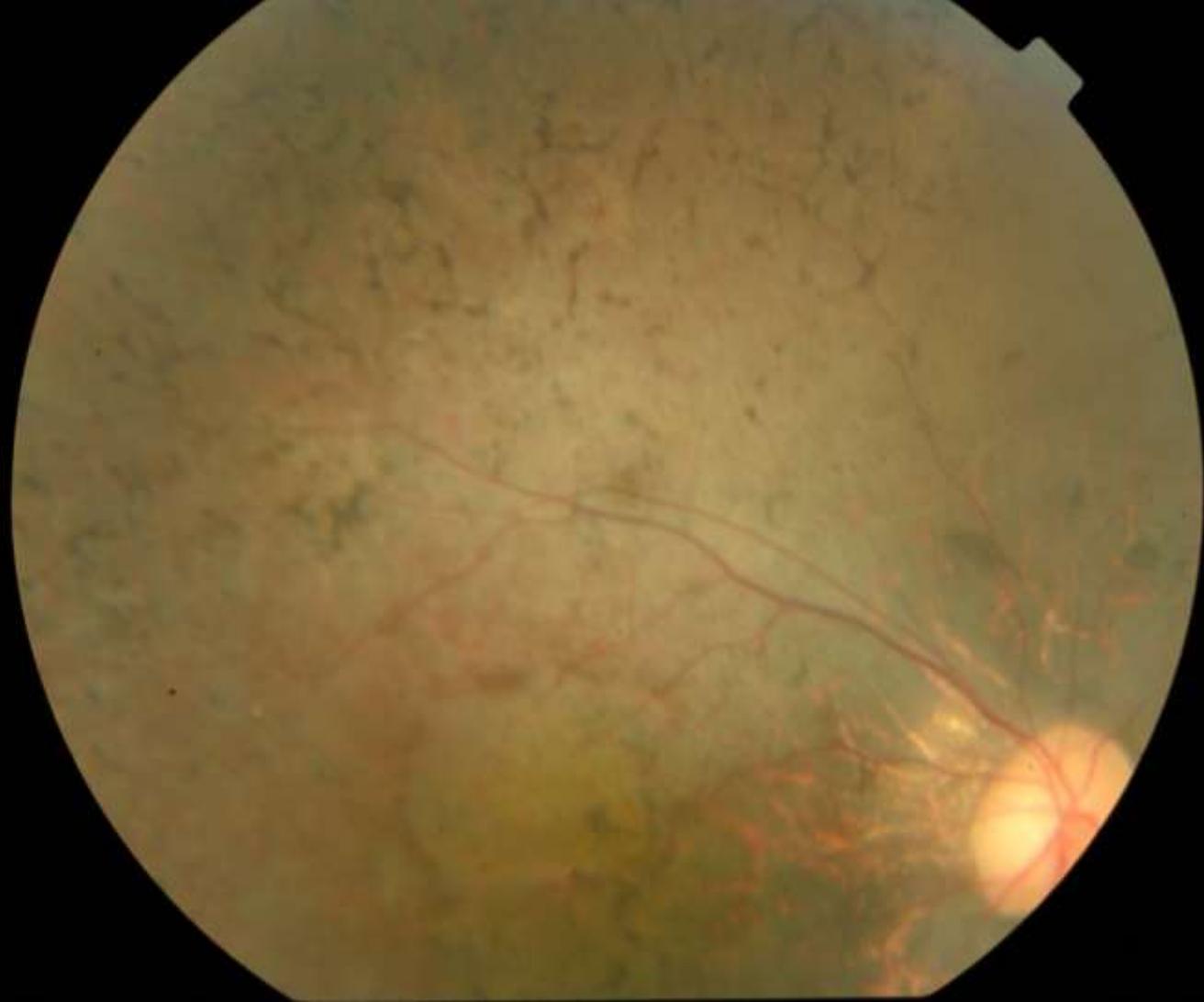
















How Marigold Flower Extract Impacts Lutein and Xanthophyll Carotenoids for Eye Health

This presentation provides an overview of lutein and xanthophyll carotenoids in the human retina and their importance in maintaining eye health. It explores the benefits of marigold flower extract as a source of these nutrients, including its effects on macular pigment density, blue light protection, and visual performance. The presentation also highlights relevant studies and additional benefits of marigold extract.



**How Lutein and Xanthophyll Carotenoids
Found in High Concentration in the Macula
of Human Retina are Affected by Marigold
Flower Extract And The Use of Marigold
Extract for Eye Health**



The human eye is a complex organ responsible for vision. The macula is a small area near the center of the retina that plays a crucial role in sharp central vision. Lutein and xanthophyll carotenoids are pigments found in high concentrations in the macula. Marigold flower extract has gained attention for its potential benefits on eye health.



Importance of Lutein and Xanthophyll Carotenoids

- Lutein and xanthophyll carotenoids act as antioxidants in the macula.
- They help filter harmful blue light and protect the retina from oxidative damage.
- These pigments are not produced by the body and must be obtained from external sources like food and supplements.

Lutein

Overview of Marigold Flower Extract

Marigold flowers (*Tagetes erecta*) contain high levels of lutein and zeaxanthin, two important xanthophyll carotenoids.

01

Marigold extract is derived from the petals of these flowers.

02

It is rich in lutein and zeaxanthin, making it a valuable source of these nutrients.

03



Effects of Marigold Flower Extract on Lutein Levels

- 01 Higher lutein levels contribute to an increased concentration of lutein in the macula, potentially improving eye health.
- 02 Studies have shown that supplementation with marigold flower extract increases lutein levels in the blood.



Protection Against Age-Related Macular Degeneration (AMD)

Age-related macular degeneration is a leading cause of vision loss in older adults.

- Lutein and zeaxanthin from marigold extract have been associated with a reduced risk of AMD.
- These carotenoids accumulate in the macula and help protect against oxidative damage.



Blue Light Protection

Age-related macular degeneration is a leading cause of vision loss in older adults.

- Lutein and zeaxanthin from marigold extract have been associated with a reduced risk of AMD.
- These carotenoids accumulate in the macula and help protect against oxidative damage.



Enhanced Visual Performance

- 01 | Marigold extract supplementation has been shown to enhance visual function, especially in individuals with lower levels of macular pigments.
- 02 | Lutein and zeaxanthin are believed to improve visual performance and contrast sensitivity.



Conclusion

Lutein and xanthophyll carotenoids play a crucial role in maintaining eye health.

Marigold flower extract, rich in lutein and zeaxanthin, can increase the concentration of these pigments in the macula.

The use of marigold extract may help protect against age-related macular degeneration, filter blue light, and enhance visual performance.



Studies on Marigold Extract and Eye Health

Several studies have investigated the effects of marigold flower extract on eye health.

- A randomized controlled trial conducted by Smith et al. () demonstrated that supplementation with marigold extract significantly increased macular pigment optical density, indicating higher levels of lutein and zeaxanthin in the macula.
- Another study by Johnson et al. () found that participants who consumed marigold extract showed improved visual performance and reduced symptoms of eye strain.



Additional Benefits of Marigold Extract

Apart from its impact on eye health, marigold extract offers additional benefits:

01

02

Anti-inflammatory properties: Marigold extract contains compounds that possess anti-inflammatory effects, which can contribute to overall eye health.

03

Skin health: Lutein and zeaxanthin in marigold extract are also beneficial for skin health and may help protect against UV damage.

Safe Usage and Precautions

- 01** | Adhere to the recommended dosage and follow the instructions provided by the manufacturer.
- 02** | Marigold extract is generally considered safe for most individuals when used as directed.
- 03** | However, it's important to consult with a healthcare professional before starting any new supplement, especially if you have pre-existing medical conditions or are taking medications.

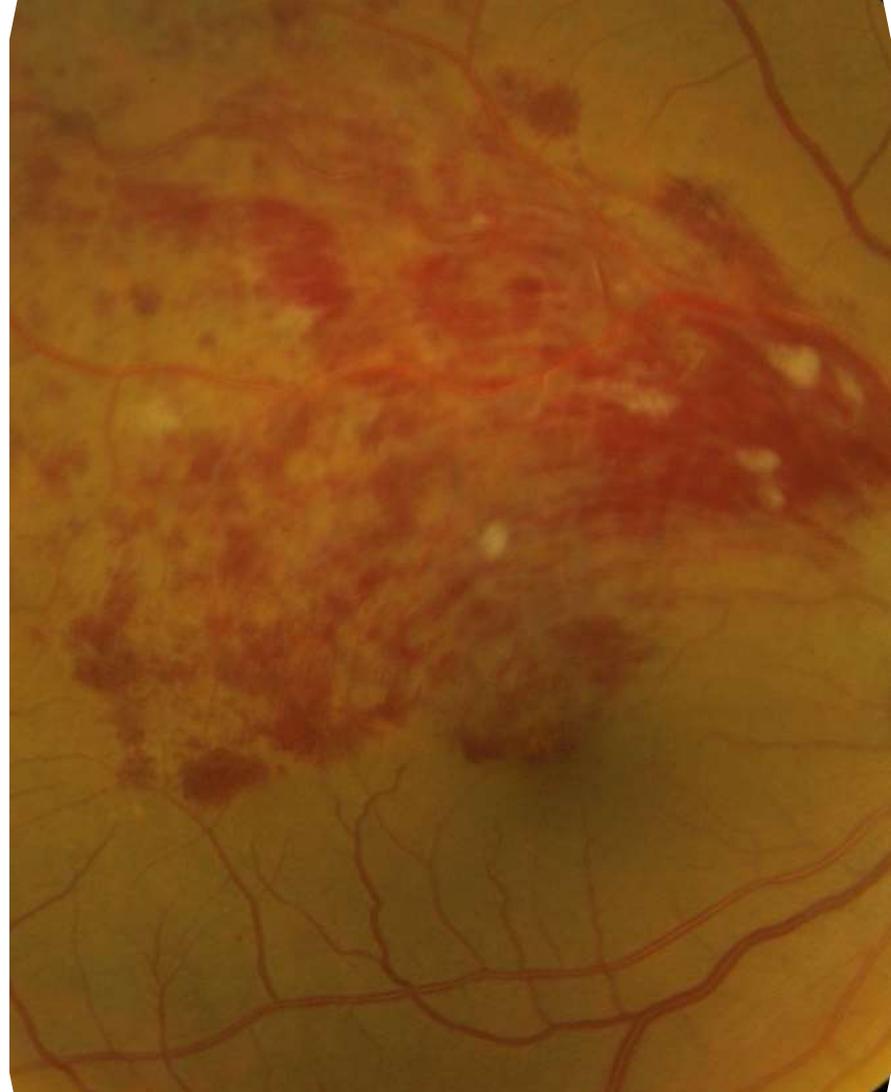


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01 | Nano curcumin

02 | Bio c

03 | Marigold





Conclusion

Marigold flower extract, with its high concentration of lutein and zeaxanthin, can positively impact eye health. Its ability to increase macular pigment density, protect against age-related macular degeneration, and filter blue light makes it a valuable supplement. While marigold extract offers potential benefits, it's important to consult with a healthcare professional before starting any supplementation regimen.

- Thank you for your attention!
- For further inquiries or research, please feel free to contact us at [insert contact information] or explore additional resources listed below:



