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## **Leafy Greens Daily May Ward Off Eye Problems**

Research published in January 2016 in the American Medical Association journal JAMA Ophthalmology indicates that leafy greens, such as spinach, kale and collard greens, may help protect against the development of the most common form of glaucoma, known as primary open angle glaucoma (POAG).

Researchers at Brigham and Women's Hospital and Harvard Medical School followed more than 100,000 men and women who were enrolled in two major medical studies for a period of more than 28 years, according to an article in Eye Nutrition News published in January. Everyone in these studies was 40 years or older, and none had glaucoma at the start of the study.



The patients received eye exams every two years, and throughout the course of the studies, 1,483 people developed POAG. When the researchers looked at the diets of the study participants, they noted a strong similarity among those who did not develop glaucoma — these people ate more leafy greens. In fact, greater intake of green leafy vegetables was associated with a 20 percent to 30 percent lower risk of POAG.

The association was even stronger for POAG with early paracentral visual field loss, a common subtype of POAG. The research revealed that people who ate a lot of leafy greens had a 40 percent to 50 percent lower risk of acquiring this form of the disease.

The reason these superfoods offer such great protection is related to the dietary nitrate they contain. It's thought that glaucoma impairs blood flow to the optic nerve. Nitric oxide helps regulate this flow. Since leafy greens contain high levels of nitrates, the precursor to nitric oxide, consuming them likely keeps things running more smoothly, according to the article.

# August ALTRUM NEWS

## Men Face Unique Health Challenges



Research reveals that almost all men may experience prostate problems at some point in their lives. The most common prostate problem, benign prostatic hyperplasia (BPH), is a noncancerous (benign) enlargement of the prostate gland. A large body of research indicates men can do a lot to lower their risk of developing prostate problems with a lifestyle that includes healthy diet choices, exercise and specific supplements. Read more about this common male problem in the August issue of ALTRUM News.

## Vision Power Supplies Nutrients for Eye Health

### Health

ALTRUM Vision Power supplies the antioxidant power of carotenoids, lutein, lycopene, zeaxanthin, alpha lipoic acid and much more.

May Help:

- Night vision\*
- Keep eyesight strong, sharp and clear\*
- End eye strain, blurred vision and dry, irritated eyes\*
- Reduce free-radical damage\*
- Promote circulation and nourish eye tissue\*
- Strengthen and protect eyes from harmful UV radiation\*



### Vision Power

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DVP01	EA (1)	100 ct.	0.2	\$31.00	\$47.90
DVP01	CA (6)	100 ct.	0.2	\$177.30	\$286.65

\* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

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