

The Role of Nutrition in Macular Degeneration

Protecting your vision through
evidence-based dietary strategies.

FROM NUTRITION TO VISION



DIETARY
NUTRIENTS



ABSORPTION &
TRANSPORT



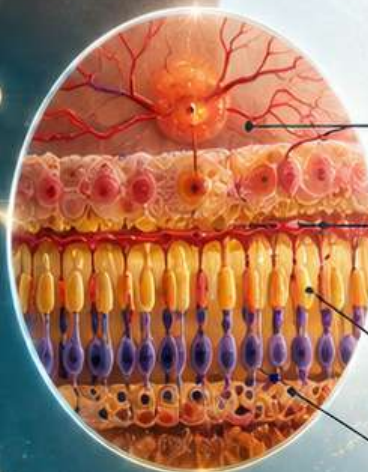
ANTIOXIDANT
PROTECTION



RETINAL
NOURISHMENT



VISION
PRESERVATION



MACULA
Central vision
responsible area

**RETINAL
BLOOD VESSELS**
Nutrient & oxygen
supply

PHOTORECEPTORS
Convert light
into signals

RPE LAYER
Supports retinal
health

CAROTENOIDS
ANTIOXIDANTS
OMEGA-3
ZINC

KEY NUTRIENTS THAT SUPPORT EYE HEALTH



LUTEIN & ZEAXANTHIN
Filter harmful blue light
& protect macula



OMEGA-3
Support retinal structure
& reduce inflammation



VITAMIN C
Powerful antioxidant for
ocular cells



VITAMIN E
Protects cells from
oxidative damage



ZINC
Supports enzyme function
& nutrient transport



SUPPORTS
MACULAR HEALTH



PROTECTS
RETINAL CELLS



REDUCES
OXIDATIVE STRESS



SUPPORTS HEALTHY
BLOOD FLOW



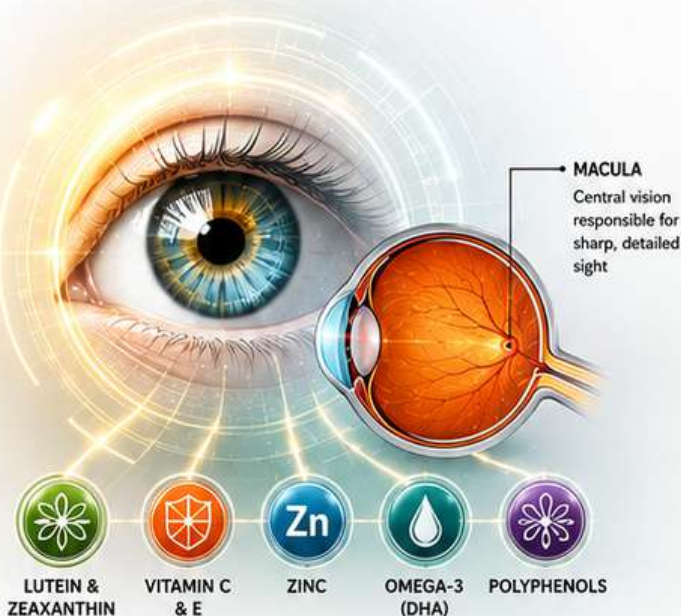
SHARPENS & PRESERVES
VISION

SwissLife Forever

Where nutrition meets eye health

EDITOR'S NOTE

Age-related macular degeneration (AMD) is a leading cause of vision loss worldwide. While genetics play a role, research increasingly highlights the impact of nutrition in prevention and progression. This issue explores the nutrients, foods, and lifestyle interventions that support retinal health and protect vision.



UNDERSTANDING MACULAR DEGENERATION

- AMD affects the central retina (macula), impairing sharp vision
- Risk factors: aging, smoking, chronic inflammation, oxidative stress, poor diet
- Early intervention can slow disease progression and preserve vision
- Micronutrients, antioxidants, and carotenoids are crucial for retinal protection



NUTRITIONAL STRATEGIES FOR EYE HEALTH

Leafy greens: spinach, kale, and collard greens (lutein + zeaxanthin)

Colorful fruits: berries, citrus, and peppers for antioxidants and vitamin C

Nuts and seeds: vitamin E and healthy fats for retinal protection

Seeds: pumpkin, sunflower, and chia seeds for zinc and healthy fats

Legumes and whole grains: support overall antioxidant and nutrient intake

Supplements when necessary: standardized carotenoid blends, zinc, and vitamin combinations

Consistent dietary strategies can slow AMD progression and protect vision.

BIOLOGICAL MECHANISMS

- **Carotenoids (lutein and zeaxanthin):** accumulate in macula to filter harmful light
- **Vitamin C and E:** potent antioxidants protecting retinal cells
- **Zinc:** supports retinal enzymatic function and cellular repair
- **Omega-3 fatty acids (DHA/EPA):** maintain retinal cell membrane integrity and reduce inflammation
- **Polyphenols and flavonoids:** protect against oxidative stress

Targeted nutrition reinforces the macula's natural defense systems.

CLINICAL INSIGHTS

- ✓ AREDS2 studies confirm that certain micronutrient combinations reduce AMD progression risk
- ✓ Personalized dietary plans optimize antioxidant intake according to age, genetics, and lifestyle
- ✓ Smoking cessation, exercise, and systemic health complement nutritional strategies
- ✓ Early detection and dietary adherence are key to preserving long-term vision

Integrative approaches empower individuals to take control of eye health.

SWISSLIFE FOREVER SCIENCE SPOTLIGHT

- Translating ophthalmology research into actionable dietary guidance
- Combining nutrition, supplementation, and lifestyle for comprehensive retinal support
- Personalized plans tailored to age, genetic risk, and metabolic health
- Education to empower proactive vision care and preserve quality of life.

Our philosophy: healthy nutrition is the cornerstone of lifelong vision.

MYTHS vs FACTS

MYTH Vision loss from AMD is inevitable	FACT Early intervention and proper nutrition can slow or partially prevent progression
MYTH Only supplements matter for eye health	FACT Whole foods, lifestyle, and systemic health are equally important
MYTH Vision care is purely clinical	FACT Nutrition and preventive strategies are foundational to preserving eyesight

THE FUTURE OF VISION PRESERVATION

- Personalized nutrigenomics for retinal health
- Advanced carotenoid formulations with enhanced bioavailability
- AI-assisted retinal monitoring for early detection
- Integrative programs combining diet, lifestyle, and ocular supplementation

The future of eye health is precise, preventive, and science-driven.

FINAL THOUGHTS

Nutrition is a powerful tool for preserving vision and combating macular degeneration. By combining antioxidant-rich foods, targeted supplementation, and healthy lifestyle habits, it's possible to protect retinal function, slow progression, and maintain visual clarity well into later life.

Are You Feeding Your Eyes for Longevity?

QUICK REFLECTION

- Do you consume key carotenoids and antioxidants daily?
- Are you supporting systemic and retinal health through lifestyle choices?
- Could a personalized nutrition plan optimize your vision for decades?

SwissLife Forever

Science-backed strategies for lifelong clarity.

