

Centrum with 250mcg per dose, which is only 0.25mg per dose (1000mcg = 1mg). **This is not effective according to current studies.**

Lutein has also been shown to reduce the incidence of breast, colon, lung, prostate and ovarian cancer.⁸ Researchers speculate that lutein switches off carcinogenic activity and boosts immune function. It has also been shown to significantly reduce the progression of clogged arteries in cardiovascular disease and to reduce the incidence of osteoarthritis. Researchers at the National Institutes of Health discovered that people with the highest blood lutein were about 70% less likely to have arthritis of the knee.⁹

Further research will provide more insights into this important carotenoid, but it is apparent that adequate amounts of this important nutrient is a key component in any quality multivitamin designed to prevent chronic diseases.

Multivitamin With Lutein

Based on current research, a quality multivitamin supplement with optimal levels of vitamins, high levels of antioxidants and adequate amounts of lutein is the best measure people can take to prevent chronic diseases, including macular degeneration. Dietary supplements are becoming part of the standard of care, not only for macular degeneration, but also for the prevention of chronic diseases. The sooner a person begins taking a daily multivitamin supplement with lutein, the better their long-term prognosis for maintaining overall health and vision and quality of life.

MAXIVISION® Eye & Body Formula is a high quality cost effective multivitamin with optimal levels of vitamins and 6mg of lutein per dose. It is useful for maintaining overall health and vision and preventing chronic diseases, especially age-related macular degeneration.

MAXIVISION® EYE & BODY FORMULA

Ingredient	Amount	%DV
Vitamin A (beta-carotene)	5000 IU	100%
Vitamin B-1 Thiamine	3 mg	200%
Vitamin B-2 Riboflavin	5 mg	295%
Vitamin B-3 Niacin	20 mg	100%
Vitamin B-5 Pantothenic acid	10 mg	100%
Vitamin B-6 Pyridoxine	3 mg	150%
Vitamin B-12 Cyanocobalamin	25 mcg	417%
Vitamin C (ascorbic acid)	500 mg	833%
Vitamin D	400 IU	100%
Vitamin E (d-alpha tocopherol)	400 IU	1333%
Alpha Lipoic Acid	10 mg	*
Bilberry Extract 4:1	20 mg	*
Biotin	300 mcg	100%
Boron	150 mcg	*
Calcium	200 mg	20%
Chloride	72 mg	2%
Chromium	150 mcg	125%
Copper	2 mg	100%
Cryptoxanthin	300 mcg	*
Eyebright Extract 4:1	5 mg	*
Folic Acid	400 mcg	100%
Glutathione	5 mg	*
Grape Seed Extract	10 mg	*
Hesperidin	10 mg	*
Iodine	150 mcg	100%
Lutein (120 mg of FloraGLO®)	6 mg	*
Lycopene	2 mg	*
Magnesium	100 mg	25%
Manganese	5 mg	250%
Molybdenum	75 mcg	100%
N-Acetyl-Cysteine	20 mg	*
Nickel	5 mcg	*
Phosphorous	48 mg	5%
Potassium	80 mg	2%
Quercetin	5 mg	*
Rutin	5 mg	*
Selenium	75 mcg	100%
Silicon	2 mg	*
Taurine	100 mg	*
Vanadium	10 mcg	*
Zeaxanthin (120 mg of FloraGLO®)	308 mcg	*
Zinc	20 mg	133%

Suggested Retail Price ≈\$14.95 • Dosage: 2caps/day • 60 caps/btl

MAXIVISION® products are available nationwide from the pharmacist at Eckerd Drug Stores (vender # 18683), on the internet at www.maxivision.com, or direct from the company.

1 (888) 290-6294

Ask your doctor about a free sample.

Chronic Diseases



Can Dietary Supplements Help Prevent Chronic Diseases?

New Studies Released

There is a wealth of information suggesting vitamins are helpful in a variety of disorders. However, a very creditable study looking at the role vitamins play in preventing chronic diseases was recently published. The two doctors who authored the paper are associated with Harvard School of Medicine and the paper was published in the Journal of the American Medical Association (JAMA), a highly respected journal in the medical field. The study, **Vitamins for Chronic Disease Prevention in Adults**,¹ suggests a change in medical philosophy and helps redefine medicine's position regarding the role of dietary supplements in the prevention of chronic diseases.

Suboptimal Vitamins

A suboptimal vitamin level is a vitamin level below the minimum requirements of the body to prevent a chronic disease. It may be associated with an abnormality of metabolism which can be corrected by supplementation with high amounts (optimal levels) of that vitamin, which is generally greater than the Percent Daily Value established by the government.

According to the JAMA study, vitamin deficiency syndromes such as scurvy, pellagra and beriberi are uncommon in Western societies. However, suboptimal intake of some vitamins, above levels causing classic vitamin deficiency, is a risk factor for chronic disease and common in the general population, especially the elderly. For example, many people in the general population have high serum homocysteine levels,² which fall to baseline levels after a few weeks of supplementation with folate, along with vitamins B₆ and B₁₂.³ Similarly, in many elderly people, methylmalonic acid levels fall with vitamin B₁₂ supplementation, and elevated levels of parathyroid hormone fall with vitamin D

supplementation.⁴ The research is conclusive that folate during the first trimester of pregnancy reduces the risk of neural tube defects in women at increased risk.⁵ Similarly, vitamin D supplementation, along with calcium, reduces the risk of fractures in elderly women with osteoporosis,⁵ and low levels of the antioxidant vitamins (vitamins A, E and C) may increase risk for several chronic diseases.

The high prevalence of suboptimal vitamin levels implies that the typical diet provides an insufficient amount of these vitamins. Fruits and vegetables are the main dietary source for many vitamins, and health experts have long recommended at least 5 daily servings. A recent survey showed that only 20% to 30% of the population actually meet this goal.⁶ Although vitamin D is added to milk, many people (especially the elderly) do not consume enough dairy products to get sufficient amounts of vitamin D.⁷

Conclusions

The study concludes that suboptimal vitamin intake is a risk factor for chronic diseases such as cardiovascular disease, cancer and osteoporosis and that a large proportion of the general population, especially the elderly, is apparently at increased risk for this reason. The study suggests that physicians should make specific efforts to learn about their patients' use of vitamins to ensure that they are taking the correct ones in optimal amounts and avoiding dangerous practices such as high doses of vitamin A during pregnancy or massive doses of fat-soluble vitamins at any age. The concept that suboptimal intake of certain vitamins increases the risks of chronic diseases implies that the prevalence of these diseases can be reduced by routine use of daily multivitamin supplements with optimal levels of vitamins. This study suggests a departure from the historical position that medicine has previously maintained regarding use of dietary supplements.

Recommendations

The study recommends that all adults should take a daily multivitamin with optimal amounts of vitamins. This practice is justified mainly by the known and suspected benefits of supplemental folate and vitamins B₆, B₁₂ and D in preventing cardiovascular disease, cancer and osteoporosis and because multivitamins in normal doses are safe and relatively inexpensive. It is reasonable to consider a dose of 2 ordinary multivitamins in the elderly due to the high prevalence of suboptimal vitamin B₁₂ and D.

Lutein

Another important nutrient, lutein, is showing great promise in a number of chronic diseases, including cataracts and especially macular degeneration, the leading cause of blindness in the older population. Studies show lutein is fundamentally involved in macular degenerative disease. Lutein is a naturally occurring carotenoid found in fruits and especially dark green leafy vegetables like spinach and kale. It is the primary pigment in the macular area of the retina and is essential for proper functioning of vision. Researchers believe decreased macular concentration is a risk factor for developing macular degeneration.

The amount of lutein needed on a daily basis is based on recent studies, such as the Seddon Study out of Harvard Medical School, which used 6mg of elemental lutein per day and found a 43% reduction in macular degeneration in the study group. This is a significant reduction in disease incidence and helps establish the daily prevention and maintenance dosage for lutein.

Presumably, since lutein is so expensive, some products on the market do **not** contain anywhere near the minimum amount needed on a daily basis. One of the major offenders in this area is