

BIBLIOGRAPHY

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This study showed that treatment with lutein prevents the development and progression of cataracts.

2. Durukan AH1, Evreklioglu C, Hurmeric V, Kerimoglu H, Erdurman C, Bayraktar MZ, Mumcuoglu T. **Ingestion of IH636 grape seed proanthocyanidin extract to prevent selenite-induced oxidative stress in experimental cataract.** J Cataract Refract Surg. 2006 Jun;32(6):1041-5.

Routine ingestion of grape seed proanthocyanidin extract as a food or dietary supplement, can be used to prevent the emergence and progression of cataracts.

3. Takano A1, Hirata A, Ogasawara K, Sagara N, Inomata Y, Kawaji T, Tanihara H. **Posterior vitreous detachment induced by nattokinase (subtilisin NAT): a novel enzyme for pharmacologic vitreolysis.** Invest Ophthalmol Vis Sci. 2006 May;47(5):2075-9.

The results suggest that nattokinase is a useful enzyme for pharmacologic vitreolysis due to its efficacy in inducing posterior vitreous detachment.

4. Fies P, Dienel A. **[Ginkgo extract in impaired vision--treatment with special extract EGb 761 of impaired vision due to dry senile macular degeneration].** Wien Med Wochenschr. 2002;152(15-16):423-6.

The results show the therapeutic efficacy of Ginkgo biloba extract for patients with dry senile macular degeneration, and its clear benefits for the daily life of the patient.

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Ophthalmologists choose to use nutritional supplements with micronutrients, including vitamins and lutein, due to the scientific evidence regarding patients with age-related macular degeneration.

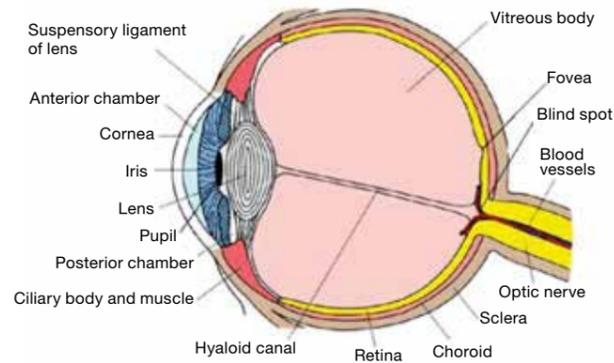
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VISIONATTO



VISIONATTO

For maintaining good ocular health



The **Ocular System** is the set of biological structures and processes that transform light energy into electric signals which are sent to the brain via the optic nerve.

Impaired vision is common in many people, with the main symptoms being tired eyes and blurred vision. Artificial light, computer screens, stress, unfiltered sunlight, smoke, wind, pollen, dust, deficient blood irrigation, a poor diet that leads to a deficiency of certain vitamins and an excess of free radicals in the body and congenital factors mean that over time

eyesight problems can develop.

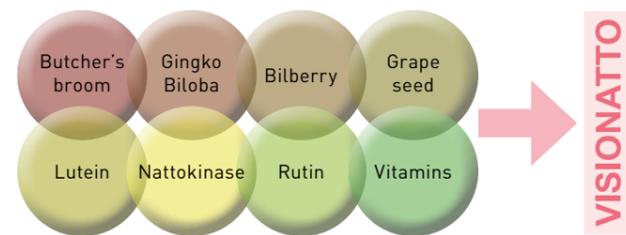
VISIONATTO is a natural dietary supplement containing ingredients that nourish the ocular tissues, improve venous and capillary circulation and protect the vision. It is ideal for maintaining good ocular health.

Properties:

- Venotonic.
- Antioxidant.
- Improves venous, arterial and capillary circulation.
- Regenerates the vascular layer of the retina.
- Acts as a light filter.
- Anticoagulant capable for dissolving thrombi.
- Strengthens connective tissue.

Indicaciones:

- Nutrición óptima de los tejidos oculares.
- Activación de los mecanismos naturales de regeneración del daño ocular.
- Prevención y tratamiento de la **degeneración macular** y otros trastornos oculares en los que se requiere una mayor protección ocular como son en los casos de cataratas, glaucoma y retinopatía diabética.
- Personas expuestas durante largos periodos ante las pantallas de ordenador, o personas cuyo trabajo o actividad requiera una alta intensidad lumínica.
- Personas que viven o trabajan en lugares donde la intensidad de la radiación solar es alta.
- Mejora de la visión nocturna, la adaptación a la oscuridad y restaura la agudeza visual.
- Alivio de la fatiga ocular.



Ingredients:

Butcher's broom (*Ruscus aculeatus* L.): its effect on **blood vessels** leads to correct tissue nutrition, including ocular tissue.

Ginkgo Biloba (*Ginkgo biloba* L.): improves arterial, capillary and venous **circulation**: it is a vasodilator, capillary protector, venotonic, antiplatelet agent.

Bilberry (*Vaccinium myrtillus* L.): it is anti-inflammatory, antihaemorrhagic. It strengthens the capillary and vessel walls. It helps to **regenerate** the **vascular layer of the retina**. It has been shown to give good results in the treatment of diabetic retinopathy.

Grape seed (*Vitis vinifera* L.): is an **antioxidant**, therefore it prevents pathologies related to oxidative stress, like age-related **macular degeneration**, cataracts and dry eye syndrome. Rich in polyunsaturated fatty acids omega 3 and 6, which when metabolised in the body, are converted into prostaglandins, which, among other things, reduce the formation of platelets thereby improving blood flow; **they the pressure of the eyes** and blood vessels; they prevent inflammations; and they improve the function of the nerves and immune system.

Lutein: is a carotenoid. It protects the vision in two ways:

1. As an **antioxidant** (the outer part of the retina is rich in polyunsaturated acids that are attacked by free radicals and suffer an oxidation process caused by the impact of light to this part of the eye).
2. It acts as a **light filter**, protecting the eye from some of the harmful effects of the sun.

It also improves the immune system and cell communication. It protects the eye macula. Indicated to prevent or be used as a complementary treatment for cataracts.

Nattokinase: this enzyme comes from soya fermented with the microorganism called *Bacillus subtilis* var. natto. Different studies have shown its **anticoagulant effect** and its capacity to **dissolve blood clots** (thrombi).

Rutin: venotonic flavonoid and capillary protector. It prevents damage caused by free radicals. Its antioxidant effect makes this substance a powerful protector from eye diseases caused by oxidative stress. It also has a beneficial effect on collagen: **it strengthens connective** tissue, prevents inflammation and protects against the release and synthesis of compounds that lead to inflammation.

Vitamin B1: improves the activity of the smooth muscle of blood vessels.

Vitamin B2: transports oxygen to the cells, therefore, it keeps tissue in good condition, including vascular tissue.

Vitamin B3: related to vitamin C and rutin, it is very useful in the treatment of vascular disorders.

Vitamin C: is extremely important for the production of collagen, and helps to maintain the blood vessel walls and increases capillary impermeability, it is anti-haemorrhagic and increases the effects of rutin.

Vitamin K1: essential for the production of prothrombin, it is involved in blood clotting and is extremely important for stopping any type of haemorrhagic syndrome.

Vitamin A: retinol directly helps the processes involved in vision.

Composition per 2 capsules:

Standardised nebulised extracts of:

<i>Ruscus aculeatus</i>	180 mg
<i>Vaccinium myrtillus</i>	100 mg
<i>Ginkgo biloba</i>	80 mg
<i>Vitis vinifera</i>	80 mg
Nattokinase	100 mg
Lutein	80 mg
Rutin	80 mg

Vitamins:

A	800 µg (100% NRV)
C	40 mg (50% de *NRV)
B ₃	16 mg (100% de *NRV)
B ₂	1,4 mg (100% de *NRV)
B ₁	1,1 mg (100% de *NRV)
K	75 µg (100% NRV)

*NRV: Nutrient Reference Value.

Presentation:

Packet of 30 capsules.

Directions for use:

Take 2 capsules a day.

