



Improving eyesight with a capital E: The little-known benefits of a vitamin

When it comes to nutrition for healthy eyesight, vitamin A often gets the star treatment. But we should take a moment to consider the benefits of the big E. Vitamin E, an antioxidant found in nuts, fortified cereals and greens, plays an important role in protecting certain parts of the eye.

Specifically, vitamin E has been known to lower the risk of developing macular degeneration and cataracts, two of the most common age-related conditions affecting eyesight. Several studies have shown evidence of the positive role vitamin E can play in improving vision.

How vitamin E can help your eyesight

Vitamin E is believed to protect eye cells from unstable molecules called free radicals, which break down healthy eye tissue. This is what may lead to the formation of cataracts or age-related macular degeneration (AMD).¹ The Age-Related Eye Disease Study (AREDS and AREDS2), sponsored by the National Eye Institute, found that a specific supplement regimen of vitamin C, vitamin E, beta-carotene and zinc is effective in combating the progression of dry macular degeneration, the most common form of AMD.¹

Eating with a capital E

The most effective way to increase antioxidant levels is through whole foods and nutrients. Consider combining vitamin E-rich foods with those stocked with vitamin C, such as citrus fruit, strawberries, red and green peppers, and tomatoes.² Good sources of vitamin E include³:

- Vegetable oils, such as wheat germ, sunflower and safflower oils.
- Nuts and seeds, such as almonds, hazelnuts, peanuts, and sunflower seeds.
- Green vegetables, such as spinach and broccoli.
- Fortified foods, such as breakfast cereals and fruit juices.

Finally, don't forget the vitamin A. The path to a lifetime of healthy eye care should be lined with all essential vitamins, which work together to produce optimal, and optical, results.

1. Lazarus, R.; "Which Supplements Support Macular Health?"; Optometrists Network, [optometrists.org](https://www.optometrists.org); January 23, 2022. <https://www.optometrists.org/general-practice->

optometry/guide-to-eye-conditions/macular-degeneration-guide/which-supplements-support-macular-health/

2. "Vitamin C Fact Sheet for Health Professionals"; National Institutes of Health; ods.od.nih.gov; March 26, 2021. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
3. "Vitamin E Fact Sheet for Consumers"; National Institutes of Health; ods.od.nih.gov; March 22, 2021. <https://ods.od.nih.gov/factsheets/VitaminE-Consumer/#h3>