

## For more information on phytonutrients

John H. Maher, DCCN, cites a number of resources in his article, "Seeing your way to the century mark" (Vol. 53, Issue 9, of *Chiropractic Economics*). If you would like to review the research, his references are listed below.

- 1 5-a-Day press release, <http://www.5aday.org/html/press/pressrelease.php?recordid=129>
- 2 Men: You need 9 a Day! Fitness and Freebies, <http://www.fitnessandfreebies.com/food/articles/9aday.html>
- 3 PDRHealth.com, [http://www.pdrhealth.com/drug\\_info/nmdrugprofiles/nut-supdrugs/lut\\_0164.shtml](http://www.pdrhealth.com/drug_info/nmdrugprofiles/nut-supdrugs/lut_0164.shtml)
- 4 Sardi, B. A New Look At Eye Health. Nutrition Science News, April 2001, <http://www.mdsupport.org/library/newlook.html>
- 5 Food-Info.net, <http://www.food-info.net/uk/qa/qa-wi9.htm>
- 6 Yasunori N, et al. The effect of astaxanthin on retinal capillary blood flow in normal volunteers. *J Clin Ther Med.* 21, 5:537-42, 2005.
- 7, 12 Nagaki Y, et al. Effects of astaxanthin on accommodation, critical flicker fusion, and pattern visual evoked potential in visual display terminal workers. *J Trad Med.* 19:170-3, 2002.
- 8 Kenji S, et al. Effect of astaxanthin on accommodation and asthenopia — efficacy identification study in healthy volunteers. *J Clin Ther Med.* 21, 6:, 2005.
- 9 Nagaki Y, et al. The supplementation effect of astaxanthin on accommodation and asthenopia. *J Clin Ther Med.* 22, 1:41-54, 2006.
- 10 Nanako T, et al. Effects of astaxanthin on accommodative recovery. *J Clin Ther Med.* 21, 4:431-6, 2005.
- 11 Sawaki K, et al. Sports performance benefits from taking natural astaxanthin; characterized by visual acuity and muscular fatigue improvements in humans. *RinshoIyaku (J Clin Med: Japan)* 18, 9:1085-1100, 2002.
- 12 Nakamura A, et al. Changes in visual function following peroral astaxanthin. *Jpn J CLin Opthamol.* 58, 6:1051-554, 2004.
- 13 Food-info.net, <http://www.food-info.net/uk/caro/lycopene.htm>
- 14 Monograph: *Vaccinium myrtillus* (Bilberry). *Altern Med Rev.* 6, 5:500-4, 2001. [www.thorne.com/altmedrev](http://www.thorne.com/altmedrev)
- 15 Canter PH, Ernst E. Anthocyanosides of *Vaccinium myrtillus* (bilberry) for night vision — a systematic review of placebo-controlled trials. *Surv Ophthalmol.* 49, 1:38-50, 2004.
- 16 Kajimoto O, et al. *Scient Rep Collect.* 19:1, 1998.
- 17 Yanglongyan S, et al. Clinical observation for Difrarel and visual acuity of school-aged mild myopic children. *Intl J Opthamol.* 3:567070, 2004.
- 18 Matsumoto H, et al. Stimulatory effect of cyaniding 3-glycosides on the regeneration of rhodopsin. *J Agric Food Chem.* 12:3560-3, 2003. <http://pubs.acs.org/journals/jafcau>
- 19 Nakaishi H, et al. Effects of black currant anthocyanoside intake on dark adaptation and VDT work-induced transient refractive alteration in healthy humans. *Altern Med Rev.* 5, 6:553-62, 2000. [www.thorne.com/altmedrev](http://www.thorne.com/altmedrev)
- 20 Bagchi M, et al. Antioxidant and anticarcinogenic properties of edible berry anthocyanins. *The Original Internist.* 10:6-14, 2003.
- 21 Schonlau, F. and Rohdewald, P. Pycnogenol for diabetic retinopathy: A review. *Int Ophthalmol.* 24, 3:161-71, 2001.
- 22 Spadea, L. and Balestrazzi, E. Treatment of vascular retinopathy with Pycnogenol. *Phytother Res.* 15:219-23, 2001.
- 23 Xiang, H., Pan, S., and Li, S. Studies on human fetal lens crystallins under oxidative stress and protective effects of tea polyphenols. *Yan Ke Xue Bao.* 14, 3:170-5, 1998.
- 24 Gupta SK, et al. Green tea (*Camellia sinensis*) protects against selenite-induced oxidative stress in experimental cataractogenesis. *Ophthalmic Res.* 34, 4:258-63, 2002. [www.karger.com/journals/ore/ore\\_jh.htm](http://www.karger.com/journals/ore/ore_jh.htm)
- 25 Huang W, et al. Growth inhibition, induction of apoptosis by green tea constituent (-)-epigallocatechin-3-gallate in cultured rabbit lens epithelial cells. *Yan Ke Xue Bao.* 16, 3:194-8, 2000.