



E. EXCEL E-VIEW™ Questions & Answers

Q How do cassia seeds support eye health?

A E Cassia seeds are used as a tonic for the liver, eyes and kidneys in Traditional Chinese Medicine (TCM). An unhealthy liver cannot rid the body of toxins effectively. This leads to more toxins in the bloodstream, causing free radical damage to the eyes. Cassia seeds help neutralize free radicals and protect the liver by boosting the activities of antioxidant enzymes.

Q How do chia seeds support eye health?

A Chia seeds are rich sources of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid with powerful anti-inflammatory effects that may help prevent eye conditions linked to oxidative stress and inflammation. In particular, omega-3 deficiency has been linked to dry eye syndrome, and low levels of DHA and EPA have been associated with eye diseases such as diabetic retinopathy and age-related macular degeneration.

Q How do blueberries support eye health?

A Blueberries are packed with anthocyanins—powerful antioxidants that protect the retina from free radical damage.

Q How do carrots support eye health?

A Carrots are an excellent source of beta-carotene and lutein for better night vision and to help prevent dry eyes.

Q How do Chinese wolfberries support eye health?

A Like cassia seeds, Chinese wolfberries are used in TCM to help nourish the liver for better eye health. They are high in lutein and zeaxanthin, which act as antioxidants in the eye to help to maintain healthy cells.

Q How do grape seeds support eye health?

A Grape seeds are abundant in oligomeric proanthocyanidins (OPCs). These are powerful antioxidants that help strengthen blood vessels and improve blood circulation in the eyes.

Q How does broccoli support eye health?

A Broccoli is a potent source of sulforaphane, a phytochemical with potent antioxidant effects that help protect the retina.

Q How do Brussels sprouts support eye health?

A Brussels sprouts are abundant in zeaxanthin, which helps to boost overall immunity and support eye health.

Q How does yellow pepper support eye health?

A Yellow pepper is high in nutrients like lutein, beta-carotene and violaxanthin that help improve vision.

Q Who should consume E-VIEW?

A E-VIEW is suitable for everyone, in particular, students, office workers who stare at computer screens all day, the elderly and anyone with a low dietary intake of colorful fruits and vegetables.

Q What is the recommended dosage for E-VIEW?

A 2–4 capsules, twice daily as a nutritional supplement.

Q Is E-VIEW suitable for people on low-sugar diets?

A Yes.

Q Is *E-VIEW* high in calories?

A No. Each *E-VIEW* capsule has only 2 calories.

Q How do I choose between *E-VIEW* and *Vision*?

A *Vision*'s main ingredients of cassia tora and grape seed are very rich in OPCs and antioxidants, such as vitamin C and E, that may be beneficial for retinopathy and cardiovascular disease. *E-View*, on the other hand, contains an assortment of wholesome fruits and vegetables that are naturally high in the antioxidants, lutein and zeaxanthin, which have a particular affinity for tissues and structures of the eye. Lutein and zeaxanthin occur in high concentrations in the lens, retina and macula. For this reason, lutein and zeaxanthin appear to be crucial to healthy vision. Many studies combine lutein and zeaxanthin with other antioxidants, such as vitamins C and E. This combination of nutrients may be more helpful than any single nutrient, making *E-View* and *Vision* a great combination for your eye health.