

**Education Group Professional Educations
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**Nightblindness
Influence on nutrients and habits**

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Night-blindness

Influence of nutrients and habits

Night-blindness means that a person can see less good at night. In the transition from a lit room to a dark room they need more time to sharpen their view. These persons also have other complaints, e.g. bad visibility of road marks, traffic signs and difficulties to estimate distances.

According to studies, night-blindness appears mainly by young children, women in the fertile years and during pregnancy because of a vitamin A deficiency. Also poverty, illiteracy and being on a diet are important causes of night-blindness.

Night-blindness is more common in women than in men. There are two reasons. When women menstruate, they have to contend with anaemia or iron deficiency, resulting in a lack of red blood cells. There is a need of vitamin C for iron absorption, but also for vitamin A absorption, leading to a reduced admission of vitamin A during menstruation (the biggest cause of night-blindness).

The second reason is the use of contraception, in particular the birth control pill. When using this pill, the body needs more vitamin B6, B9 and B12. De recommended daily allowance of vitamin B6 is 1.5 mg but when using the pill this dosage is insufficient. Because of the pill, there is also a lack of vitamin C and folic acid. This brings us in a vicious circle, because to produce vitamin A, you need vitamin C and B9.

A lack of nutrients, important for the night view, has different causes. Vitamin A deficiency is linked with protein-calorie malnutrition, vitamin C deficiency with insufficient dietary intake, being on a diet and during pregnancy brings a lot of stress.

Chronic stress leads to zinc deficiency. Because of a zinc, iron, vitamin B9 and vitamin C deficiency, vitamin A can't be absorbed leading to night-blindness. Vegetarians absorb less iron (especially found in meat), as a result of which they have an iron deficiency.

Coca Cola light contains a lot of phosphates, and they are robbers of folic acid. Phosphates prevent the absorption of iron in our body.

When following a diet it is the intention to absorb as little fats as possible, but fats are necessary to absorb vitamin A.

Those eating little fruit and vegetables and women in (pre)menopause have a reduced contrast vision. An important nutrient is reduced glutathione. Glutathione is found particularly in fruit and vegetables.

In our study we took blood samples before and after two months treatment

We looked at vit A, vit D, folic acid and as end points decrease in night blindness we found that 56 % of the patients has a better night sight after two months treatment with Rioida eye . Also the contrast sensitivity test has a remarkable better result by everyone.

6% of the patients increased their vit A

50 % of the patients has higher vit D

And 100% of the patients increased their folic acid in the serum.

Because vit A has a lot of functions in the body we suggest to take Rioida eye for a longer period to increase all important vitamins and for sure vitamin A

It is recommended to take a food supplement when suffering night-blindness.

"Riolife Eye" is composed of different ingredients, each having his own function:

- **Vitamin A:** as mentioned above
- **Vitamin D:** controls the absorption and use of calcium and phosphate in the body, especially the absorption of calcium in the bones.
- **Folic acid:** a part of the coenzymes. It controls the amino acid metabolism, RNA/DNA synthesis and the production of cells, like the red blood cells.
- **Reduced glutathione:** consists of glutamine, cysteine and glycine. It is essential for the vitality and liveability of the cell. It controls the cell division, repairs damaged genes, disarms toxic and cancer promoting substances, increases the activity of immune cells and functions as a antioxidant.

Directions:

Riolife Eye has to be taken in the morning and at noon before eating.

The normal duration of intake is 45 days. The box contains 90 tablets. After this 45 days, the body has sufficient nutrients to optimize the night vision. By other persons, the treatment can last 1 or even 2 years before the vision improves. Persons with a weak liver will have to take several treatments to have sufficient nutrients for the body.

Riolife Eye is available without a prescription.

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