

# I CARE

For Normal Healthy Eye



**SIGMA**  
PHARMACEUTICAL INDUSTRIES

## Composition:

Each capsule contains:

Lutein	6	mg
Zeaxanthin	329	mcg
Alpha carotene	106	mcg
Cryptoxanthin	25	mcg
Vitamin A	5000	IU
Zinc	5	mg
Copper	250	mcg

## Properties:

- **I Care** is a unique formula that provides the eye tissues with the essential nutritional supplements to maintain its function and integrity.
- **I Care** contains Lutein and Zeaxanthin which are the only carotenoids that become more concentrated in the macula of the retinal tissue.
- Lutein and Zeaxanthin are the most effective antioxidants specially in the eye tissues so they protect the eye from damage of the free radicals.
- Lutein and Zeaxanthin protect against photo damage of the retina by filtering out blue light which is not filtered by cornea and lens which can damage the retina over long time.
- Lutein and Zeaxanthin protect against peroxidation of fatty acids in the photoreceptor membrane so they can protect the blood vessels that supply the macular region.
- Lutein and Zeaxanthin help to protect against cataract and reduce age related macular degeneration, which are the leading causes of blindness in the elderly.
- **I Care** contains Alfa Carotene and Cryptoxanthine which restore normal cell growth and differentiation, improve gap junction communication, quench oxygen radical, prevent lipid peroxidation and inhibit the formation and uptake of carcinogens in the body.
- **I Care** contains Vitamin A which is essential for the proper function of retina. It combines with protein to form visual purple, which is essential for normal dark adaptation of the eye, so its deficiency causes night blindness.
- Vitamin A is the most anti-oxerophthalmic and antioxidant vitamin, it protects the epithelial and connective tissues from the harmful free radicals.
- **I Care** also contains Zinc and Copper which are important elements for healthy eyes.
- Zinc is essential for VIT A activation and its deficiency may lead to poor night vision.
- Copper is essential for healthy nerve through maintaining integrity of myelin.

## Indications:

- Age related macular degeneration
- Pathological macular degeneration
- Patients prone to glaucoma or cataract
- Xerophthalmia, Keratomalacia and corneal ulcer.
- Night blindness
- Poor vision
- Supportive supplement for normal eye health

## Contraindication:

- No known contraindications

## Side effects:

- No side effects

## Dosage:

- One capsule/ day in the morning

## Presentation:

- Box of 2 blisters each of 7 soft gelatin capsules

## Produced By:

- Sigma pharmaceutical industries S.A.E. Egypt