

Eye Health Guide for Developers

Supplements for Eye Health

Here are the recommended supplements to protect your eyes and reduce strain from long screen hours:

1. Lutein & Zeaxanthin:

- Brand: EyePromise Restore or NOW Lutein & Zeaxanthin
- Dosage: 10-20 mg of lutein + 2-4 mg of zeaxanthin daily

2. Omega-3 (Fish Oil or Algal Oil for Vegans):

- Brand: Nordic Naturals Ultimate Omega or Viva Naturals Omega-3 Fish Oil
- Dosage: 1000-2000 mg of combined EPA and DHA per day

3. Vitamin A & Zinc:

- Brand: Nature's Way Vitamin A or Garden of Life Zinc
- Dosage: 2500-5000 IU of vitamin A + 10-15 mg of zinc daily

4. Bilberry Extract:

- Brand: Nature's Way Bilberry or Solgar Bilberry Extract
- Dosage: 80-160 mg daily

5. Astaxanthin (for screen fatigue):

- Brand: BioAstin Hawaiian Astaxanthin
- Dosage: 6-12 mg daily

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6. Vitamin C & E:

- Brand: NOW Vitamin C & E Complex
- Dosage: 500 mg vitamin C + 200 IU vitamin E

Or try an all-in-one formula like MacuHealth Plus or Ocuvite Eye Health Formula.

Daily Routine for Eye Health

Morning Routine (Start Your Day Right):

- After Breakfast:
 - Take your lutein + zeaxanthin, omega-3, and vitamin C & E
 - Drink a glass of water for hydration
 - Do a quick eye massage or palming exercise (30 seconds)

During Work Hours (Screen Protection):

- 20-20-20 Rule: Every 20 minutes, look at something 20 feet away for 20 seconds
- Blink Often to prevent dry eyes
- Use Lubricating Eye Drops (like Systane Ultra) if needed
- Position your screen at eye level and reduce glare

Lunch/Break Time:

- After Lunch:
 - Take bilberry extract and zinc
 - Eat antioxidant-rich foods (spinach, carrots, berries)

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- Do a 5-minute eye yoga routine (gentle eye movements)

Evening Routine (Wind Down):

- After Dinner:
 - Take astaxanthin (helps with nighttime vision and recovery)
- Limit Blue Light Exposure: Use blue light filters or night mode on devices
- Eye Warm Compress: Place a warm towel over your eyes for 5-10 minutes

Before Bed:

- Optional: Take magnesium for relaxation and better sleep
- Eye Relaxation Exercise: Roll your eyes gently, then close them and visualize darkness

This routine, combined with supplements, will help protect your vision and reduce screen fatigue!