

12 May 2020

PRESS RELEASE

New Mind the Gap resource focuses on threat to eye health from blue light

Blue light – and the serious harm it can do to eye health – is the subject of IADSA’s latest Mind the Gap resource.

[‘The Dark Side of Blue Light’](#) explores how our exposure to blue light has surged as a result of the increased use of smartphones, computer monitors and LED lighting. For example, it is estimated that we now spend an average of 3 hours and 15 minutes a day looking at our phones – nearly 50 days every year.¹

Blue light is more energy-intense than other types of light, which means it can penetrate deep into the eye and, over time, cause irreversible degenerative conditions that may result in blurred vision.

Until now, the irreversible degeneration of macular health has been most likely to start after the age of 50. Worryingly, however, there is evidence emerging that growing numbers of people are being impacted in their 40s.² There is concern that greater exposure to blue light from smart devices and energy-efficient lighting is to blame.

IADSA’s new resource – available to view at iadsa.org/mind-the-gap/english/lutein#intro – explains that a daily intake of 10mg lutein and 2mg zeaxanthin can help to maintain macular health. However, these levels can be difficult to obtain from the diet. Food supplements offer an alternative source, with most of the lutein and zeaxanthin used in supplements derived from yellow marigold flowers, which are rich in both of these antioxidants.

The Dark Side of Blue Light was developed by IADSA in association with the US Council for Responsible Nutrition (CRN). US CRN President & CEO Steve Mister commented: “Smart phones, computers and energy efficient LED lighting have enriched our lives and delivered many benefits to society. The flipside is a detrimental impact on eye health. With studies showing that 10mg lutein and 2mg zeaxanthin can help to maintain eye health, including these antioxidants in the diet is a sensible step to take.”

Cynthia Rousselot, Director of Technical and Regulatory Affairs at IADSA,

¹ <https://blog.rescuetime.com/screen-time-stats-2018/>

² University Medical Centre, Groningen

added: "Exposure to blue light has increased for people of all ages, which means eye health is no longer a priority only for the elderly. Our new Mind the Gap story brings this issue to life in an engaging and impactful way." Mind the Gap is an information resource created by IADSA – the International Alliance of Dietary/Food Supplement Associations. It facilitates the sharing of positive stories about the benefits that nutrition offers to consumers all over the world and society at large. It also seeks to fill gaps in our scientific knowledge, while promoting real-life examples of successful national nutrition programmes. Find out more at iadsa.org/mind-the-gap.

Based in London, IADSA is the international association of the food supplement sector, with members from six continents. IADSA is the global platform to guide the evolution of policy and regulation in the sector. Visit iadsa.org for more information.

ENDS

For more information, please contact:

Richard Clarke, Ingredient Communications

Tel: +44 7766 256176

Email: richard@ingredientcommunications.com

Twitter: [@ingredientcomms](https://twitter.com/ingredientcomms)

About IADSA

Established in 1998, IADSA is an international body comprising member associations and companies operating in the global supplements sector. Bringing together food supplement associations from six continents, IADSA is a trusted source of information and runs regional and national regulatory, scientific and technical programmes in many parts of the world, supporting and advising governments and other stakeholders in relation to the development and implementation of regulation and policy. IADSA also works with companies and authorities to build national associations in countries where they do not already exist. IADSA's full name is International Alliance of Dietary/Food Supplement Associations.