



Eyebright

Stock #260-3 (100 capsules)

Eyebright, a European plant which grows wild, has been used for some 2,000 years to treat eye infections. Eyebright helps relieve sore, inflamed eyes, along with any stinging irritation or discharge from the eyes such as is associated with conjunctivitis (pinkeye) or eye injury. Eyebright also helps alleviate earache, runny nose and sneezing, which often accompany eye irritation or infection.

Researchers have provided scientific evidence which shows eyebright reduces light sensitivity and eases acute and chronic eye inflammation. Eyebright provides antibiotic, antimicrobial and astringent effects, tightening the mucus membranes of the eye due to the presence of tannins. Eyebright's ability to relieve excess mucus is helpful for allergy- and infection-related conditions of the eyes, middle ear, nasal, and sinus passages. Eyebright is thus beneficial for treating allergic rhinitis, colds, congestion, hayfever, sinusitis and upper respiratory tract infections.

Eyebright is used most often as a topical eyewash or compress, but can be taken orally, especially in cases of conjunctivitis and blepharitis—an inflammatory condition of the lash follicles and Meibomian glands of the eyelids, characterized by swelling, redness and crusts of dried mucus on the lids.

Although not generally known, eyebright is a blood purifier which stimulates liver function and has been used to treat skin conditions such as herpes and weeping eczema.

Eyebright is a rich source of several minerals, including calcium, cobalt, magnesium, manganese, silicon, and zinc. Eyebright also contains vitamins A, B1, B2, B3 (niacin), B5 (pantothenic acid), B12, C, D and E.

Eyebright is not generally recommended for dry or stuffy congestive conditions as the herb's astringent nature could make the problem worse.