

Dry Eyes

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Those who wear contacts or take certain medications may be more susceptible to dry eyes. Women who are past menopause are also more likely to suffer from dryness. When tear ducts fail to provide enough tears, dry eyes will result.

There are no herbs supplements for this condition listed, however below are some helpful nutrients for this condition:

Primrose oil—Provides essential fatty acids

Vitamin A—Helps dry, scratchy eyes