

Floaters

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Floaters do not usually cause long-term health problems, but are more an inconvenience. A person experiencing floaters may see random specks float across his line of vision. Too much sun exposure may cause fibrillar degeneration of the vitreous.

There are no helpful herbs and supplements for this condition. □ However, listed are helpful nutrients for this condition:

Apple pectin- Comments: Helps with elimination of heavy metals from the eyes.

L-Methionine- Comments: Helps remove heavy metals from eyes.

Vitamin A- Comments: Helps with eye disorders.