

Itchy or Tired Eyes

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Allergies, pinkeye, fatigue, strain on the eyes, and infection may all contribute to eyes feeling tired or itchy. Eyes need plenty of oxygen, also.

HELPFUL NUTRIENTS FOR THIS CONDITION

Vitamin A

Importance: N/A Comments: Helps with eye disorders.

Vitamin B complex

Comments: Enhances metabolism of cells within the eyeball. Importance: N/A

Vitamin B2 (riboflavin)

Importance: N/A

Comments: Enhances oxygen flow to eye tissues.

THERE ARE NO LISTED HELPFUL HERBS AND SUPPLEMENTS FOR THIS CONDITION