

Nutraceutical Benefit of Vitamins E and A of Escamoles and eggs for the eye health

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The deficiency of some micronutrients such as vitamins has been a serious worldwide problem, more developing than in developed countries, as a consequence of alimentary insecurity. Escamoles and eggs are source of vitamin E, α -tocopherol, an effective antioxidant and vitamin A necessary for proper immune function. Dietary patterns can provide sufficient vitamin E that helps to protect against clouding of the lens in the eye (cataracts) and a progressive deterioration of retina, known as Age-related macular degeneration. Vitamin A plays an important role in visual perception and photoreceptor cells on the retina. Initial signs of vitamin A deficiency, include night blindness and persistent deficiency can lead to total blindness. Vitamin A lack is associated with a high degree of morbidity and mortality. Vitamin E low consumption, increase the risk of Age-related macular degeneration (AMD), serious, progressive and currently irreversible disease, this condition develops when debris from photo-receptor cells accumulates in the macula leaving them unable to their function. Vitamin A deficiency is associated with a high degree of morbidity and mortality. The aim of this research is to assess vitamins E and A, in Escamoles and eggs, autochthonous food stuff, to inform population the benefits of these vitamins might provide to the eye to prevent the diseases mentioned. Samples were collected at Tlaxcala State on February 2012 and analyzed by high resolution HPLC liquid chromatography. Data obtained was: Vitamin E 6.18 mg /100g, and vitamin A was 505.15 μ g/100g retinol equivalents. Daily intake for optimum eye health is of vitamin E, 10-20 mg and vitamin A 600-1300 μ g retinol equivalents. Escamoles and eggs are a good option to supply the vitamins A and E needed by the eye to prevent age-related macular degeneration or cataracts, not as the only source but as part of the requirements in a daily diet.

Key words: Nutraceutical, vitamins A and E, escamoles, health nutrition.