Flavonoids And Eye Health? We Don't See The Benefits

By Ana-Marija Dolaskie — January 18, 2018

Flavonoids: a group of phytonutrients mostly responsible for the vivid colors in fruits and veggies. But they’re also touted as antioxidants that have some health benefits, most recently in the prevention of glaucoma. Let's take a look at the evidence.

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