

OCULAESSENTIALS: SUPPORT FOR VISION AND A HEALTHY LIFE

OcularEssentials is a multivitamin with eye-specific ingredients designed to support visual and whole body health.

Suggested Use: Take a total of two capsules daily, with meals.

Note: Pregnant or lactating women or individuals with medical conditions should consult a physician before using. Keep out of the reach of children.

| Supplement Facts | | | |
|--|--------------------|----------------------------|--|
| Serving Size: 2 Capsules | | Servings Per Container: 30 | |
| | Amount Per Serving | % Daily Value | |
| Vitamin A (300 mcg RAE from retinyl palmitate, 450 mcg RAE from beta-carotene, and 140 mcg RAE from mixed carotenoids) | 890 mcg RAE | 99% | |
| Vitamin C (as ascorbic acid) | 400 mg | 444% | |
| Vitamin D (as cholecalciferol) | 20 mcg | 100% | |
| Vitamin E (from d-alpha tocopheryl succinate and mixed tocopherols) | 67 mg | 447% | |
| Thiamin (vitamin B1 from thiamin hydrochloride) | 4.5 mg | 375% | |
| Riboflavin (vitamin B2) | 5 mg | 385% | |
| Niacin (as niacinamide) | 20 mg NE | 125% | |
| Vitamin B6 (from pyridoxine hydrochloride) | 10 mg | 588% | |
| Folate (50% from folic acid, 50% from calcium folinate) | 667 mcg DFE | 167% | |
| Vitamin B12 (as cyanocobalamin) | 30 mcg | 1250% | |
| Biotin | 150 mcg | 500% | |
| Pantothenic Acid (from calcium pantothenate) | 25 mg | 500% | |
| Calcium (98% from calcium carbonate, 2% from calcium pantothenate) | 100 mg | 8% | |
| Magnesium (from magnesium oxide) | 150 mg | 36% | |
| Zinc (from zinc monomethionine) | 25 mg | 227% | |
| Selenium (50% from selenomethionine, 50% from sodium selenate) | 100 mcg | 182% | |
| Copper (from copper gluconate) | 2 mg | 222% | |
| Manganese (from manganese gluconate) | 2.5 mg | 109% | |
| Chromium (from chromium polynicotinate) | 200 mcg | 571% | |
| Molybdenum (from molybdenum amino acid chelate) | 75 mcg | 167% | |
| Taurine | 150 mg | † | |
| Quercetin (as quercetin dihydrate) | 50 mg | † | |
| Bilberry Fruit Extract (standardized to anthocyanidins) | 30 mg | † | |
| Lutein (FloraGLO®) | 6 mg | † | |
| Trans-Resveratrol (from <i>Polygonum cuspidatum</i> root extract) | 1.25 mg | † | |
| Boron (from protein hydrolysate) | 1 mg | † | |
| Lycopene | 600 mcg | † | |
| Zeaxanthin (FloraGLO®) | 300 mcg | † | |
| Vanadium (from vanadium amino acid chelate) | 15 mcg | † | |
| Carotenoids Proprietary Blend (alpha-carotene and cryptoxanthin) | 11.2 mcg | † | |

† Daily Value not established.
Other Ingredients: Bovine Gelatin, Water, Rice Flour, Silica and Magnesium Stearate.
 FloraGLO® is a registered trademark of Kemin Industries, Inc.



| | OcularEssentials® (ScienceBased Health) 2 capsules per day | Centrum® Silver 50+ (GSK) 1 tablet per day |
|--|--|--|
| Delivery form | capsule | tablet |
| Natural vitamin E from mixed tocopherols | yes | no |
| Free of artificial colors and preservatives | yes | no |
| Comparison of select key nutrients (not all nutrients shown): | | |
| Antioxidants & Cell-Protecting Nutrients: | | |
| Taurine | 150 mg | - |
| Quercetin | 50 mg | - |
| Bilberry Fruit Extract | 30 mg | - |
| Lutein | 6 mg | 1/4 mg |
| Trans-Resveratrol | 1.25 mg | - |
| Zeaxanthin | 300 mcg | - |
| Lycopene | 600 mcg | 300 mcg |
| Vitamins: | | |
| Vitamin A (incl. beta-carotene, mixed carotenoids) | 890 mcg RAE (incl. 50% beta-carotene, 17% mixed carotenoids) | 750 mcg RAE (incl. 40% beta-carotene, lacks mixed carotenoids) |
| Vitamin C | 400 mg | 60 mg |
| Vitamin D | 20 mcg | 25 mcg |
| Vitamin E | 67 mg | 22.5 mg |
| Vitamin K* | - | 30 mcg |
| B Vitamins: | | |
| Thiamin | 4.5 mg | 1.5 mg |
| Riboflavin | 5 mg | 1.7 mg |
| Niacin | 20 mg NE | 20 mg NE |
| Pantothenic Acid | 25 mg | 10 mg |
| Vitamin B6 | 10 mg | 3 mg |
| Folate | 667 mcg DFE | 667 mcg DFE |
| Vitamin B12 | 30 mcg | 25 mcg |
| Biotin | 150 mcg | 30 mcg |
| Minerals: | | |
| Magnesium | 150 mg | 50 mg |
| Selenium | 100 mcg | 19 mcg |
| Chromium | 200 mcg | 50 mcg |
| Boron | 1 mg | - |
| Zinc | 25 mg | 11 mg |

*OcularEssentials is free of vitamin K in consideration of individuals taking certain medications.



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SEE THE WORLD WITH HEALTHY EYES

DOCTOR RECOMMENDED



OCULAESSENTIALS®
CAPSULES

Multinutrient to support
eye & body health



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Essential Support for Visual and Whole Body Health

OcularEssentials is a comprehensive, scientifically-based multinutrient designed to support visual and full body health. This formulation of over 30 important vitamins, minerals and key plant nutrients features a balanced combination of antioxidants, including: vitamins C and E, flavonoids, 6 mg of FloraGLO® lutein, and zeaxanthin. OcularEssentials is made from premium ingredients that are encapsulated in powder form for maximum bioavailability.

Nutrition and Your Health

Acknowledging that most Americans do not consume optimal amounts of many nutrients essential to health promotion and disease prevention, leading authorities now recommend a multivitamin daily for all American adults.

While sensible supplementation can help maintain good health, choosing the right one can be challenging. OcularEssentials is a superior quality, doctor-recommended supplement that provides the nutrients your body needs to perform at its best in just two capsules daily.

Potent Combination of Antioxidants

Free radicals are created during the daily process of converting food to energy, by pollutants in the air we breathe and by ultraviolet (UV) rays in the light around us. In fact, UV-generated radicals are believed to play a role in clouding the lens of the eye and damaging the macula, which is located in the center of the retina. OcularEssentials offers a formidable team of free radical fighting antioxidants: Vitamins C and E to neutralize free radicals, as well as copper, zinc and selenium to help enzymes deactivate them. The formula delivers a broad spectrum of natural source vitamin E, from alpha to gamma, that works to help keep cells healthy, and a level of vitamin C that saturates eye tissues.

Foundation of Cell-Protecting Nutrients

Research indicates that plant compounds with antioxidant activity contribute to the health benefits of eating five or more fruit and vegetable servings daily. Bioflavonoid nutrients with cell-protecting properties such as quercetin and bilberry add strength to the OcularEssentials team. Studies report that a higher dietary intake of flavonoids such as quercetin for example, contributes to maintaining a healthy cardiovascular system.

OcularEssentials also includes trans-resveratrol, a heart-healthy component of red wine. OcularEssentials features the level provided by a glass of pinot noir, a concentrated source of trans-resveratrol.

Substantial Amounts of Key Carotenoids

OcularEssentials supplies a meaningful level of carotenoids including alpha and beta-carotene, lycopene, lutein and zeaxanthin. The “carotenes” serve as antioxidants or as a source of vitamin A when the body requires more. Emerging evidence suggests that carotenoids contribute to normal skin, prostate and heart health. Plentiful in green leafy vegetables, lutein and zeaxanthin are concentrated in the eye’s lens and macula.

Along with vitamins A, C and E, lutein and zeaxanthin are among the few nutrients detected in the lens. In the macula, these two yellow pigments work to filter out blue light, which is believed to cause photo-oxidative damage. Population health studies suggest that consuming a diet rich in these carotenoids may help protect our vision as we grow older. OcularEssentials contributes the amount of lutein and zeaxanthin found in about 1½ cups of raw spinach – an amount that triples the typical daily intake for most Americans.

References available at www.SBH.com/OEref.



ORDERING OCULARESENTIALS



OcularEssentials and other ScienceBased Health products are available for purchase through eye care practitioners, by calling CustomerCare or by visiting our website.

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