

Optic Nerve Formula® is a powerful formulation designed to support normal vascular and nerve function, promote ocular blood flow, and increase protective antioxidant intake.

Suggested Use: Take a total of four softgels daily, with meals.

Note: Contains Ginkgo biloba, which may affect platelet aggregation. If you are taking anticoagulant or antiplatelet medication, ask your physician. Pregnant or lactating women or individuals with medical conditions should consult their physician before using. Keep out of the reach of children.

Supplement Facts

Serving Size 4 softgels Servings per Container 30

	Amount per Serving	% Daily Value
Calories	15	
Calories from Fat	15	
Total Fat	1 g	2%
Vitamin C (ascorbic acid)	250 mg	417%
Vitamin E (from d-alpha tocopherol, mixed tocopherols)	30 IU	100%
Vitamin B6 (from pyridoxine hydrochloride)	10 mg	500%
Folate (50% from folic acid, 50% from calcium folinate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	300 mcg	5000%
Magnesium (from magnesium oxide, aspartate)	120 mg	30%
Taurine	250 mg	†
N-Acetylcysteine (NAC)	300 mg	†
Alpha Lipoic Acid	200 mg	†
Ginkgo Biloba Extract (leaf) (24% ginkgolavone glycosides)	120 mg	†
Omega-3 Fatty Acids (100 mg DHA, 20 mg EPA from USP®-verified fish oil)	120 mg	†
Bilberry Fruit Extract (25% anthocyanins)	115 mg	†
Coenzyme Q10 (CoQ10)	50 mg	†
Grape Seed Extract (95% proanthocyanidins)	50 mg	†
Quercetin	50 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Flax Seed Oil**, Gelatin, Glycerin, Beeswax, Water, Lecithin, Caramel Color, Titanium Dioxide and Lemon Oil Flavoring.

Contains lecithin made from soybeans.



Optic Nerve Formula

- ▶ Targeted support for optic nerve health in four softgels daily
- ▶ Delivers eye-healthy omega-3 fatty acids, key antioxidants, and other nutrients to promote normal blood flow and vascular function
- ▶ Formulated by doctors and nutritional scientists
- ▶ Manufactured in NSF®-certified facilities from the finest quality, bioavailable ingredients
- ▶ 30 day money-back guarantee

Optic Nerve Formula is available from eyecare practitioners or directly from ScienceBased Health.



1.888.433.4726

www.SBH.com

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Powerful Protection

for Optic Nerve Health

Optic Nerve Formula®

SoftGels



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.



What Is the Optic Nerve?

The optic nerve is a bundle of nerve fibers that connect the light-sensing retina at the back of the eye with the brain. Also called "nerve of sight", the optic nerve is the essential link between the eye and the brain that makes vision possible.

Damage to the Optic Nerve

The health of the optic nerve can be compromised in some eye diseases, such as in ischemic conditions, where blood supply to the nerve is interrupted. This interruption can lead to cell damage or death. In many glaucoma cases, optic nerve damage is caused largely by increased pressure from fluid build-up in the eye. However, damage can also occur without elevated intraocular pressure (IOP). Most clinicians now consider glaucoma to be a neurodegenerative disease – caused by loss and damage of nerve cells – rather than a disease of elevated IOP alone.

Although it is not known exactly how the optic nerve is damaged in glaucoma, oxidative stress and poor blood flow to the retina and optic nerve play a role. For example, oxidative damage to the eye's fluid drainage system has been shown to correlate with higher IOP and visual field loss. Emerging research also highlights the importance of bolstering mitochondria – the cell's energy producing centers.

Supporting Optic Nerve Health

Some chronic conditions have been linked to increased risk of glaucoma or its progression, such as obesity, diabetes, cardiovascular disease, chronic migraines, and thyroid disease. Many of these conditions can be improved with the right medications, a healthy diet, exercise, and smoking cessation. Regular physical activity helps reduce stress, aids weight loss, and modestly lowers eye pressure.* Increasingly, research has shown that specific nutrients influence eye health, including the optic nerve.

Optic Nerve Formula® - Powerful Protection

Optic Nerve Formula is designed to support normal vascular and nerve function, promote ocular blood flow, and increase protective antioxidant intake. The formula features Ginkgo biloba, and flavonoids from bilberry and grape seed extracts to enhance ocular blood flow; key antioxidants including vitamins C, E, alpha lipoic acid, coenzyme Q10, and n-acetyl cysteine to boost the eye's anti-oxidative defenses; eye-healthy omega-3 fatty acids (DHA, EPA); and magnesium, B vitamins, taurine, and bioflavonoids to help keep blood vessels toned and healthy.

* Only your eye doctor can assess the effects of exercise on your eye pressure. Exercise may not be appropriate for those with some forms of glaucoma.

References available at: SBH.com/ONFref

Ordering Optic Nerve Formula

Optic Nerve Formula and other ScienceBased Health products are available for purchase through eye care practitioners, by calling Customer Care or by visiting our website.

Toll-free: 1.888.433.4726
www.SBH.com

Glaucoma Quiz

To determine your risk of glaucoma, choose only one score in each of the three categories below and add them together for your total risk.

1. Family History (choose one)

(Immediate, blood-related family members only)

Grandparent, parent, or child has glaucoma	2
Brother or sister has glaucoma	4
Parent and brother or sister have glaucoma	4
No known glaucoma in my family	0

2. Race / Ethnicity (choose one)

White / Caucasian	0
Hispanic	1
Black / African American	3

3. Age (choose one)

Less than 40 years old	0
40 - 49 years old	1
50 - 59 years old	2
60 or older	3

Add total from each category

If your risk factor equals 4 or more, you are at increased risk for glaucoma and should get an eye exam. However, everyone over age 60 should have an eye exam yearly.