

OcularProtect®

WHOLE BODY FORMULA Capsules

New! Improved formulation

Description

OcularProtect is a robust multinutrient with over 40 key nutrients, including phytonutrients and amino acids designed to help maintain ocular and whole body health. OcularProtect is antioxidant-rich to help counter the effects of oxidative stress, a factor that has been implicated in the process of biological aging.

OcularProtect Highlights

- ▶ Offers full spectrum antioxidants: high potency vitamins C and E, alpha lipoic acid, taurine, lycopene and beneficial compounds from a diverse array of natural plant sources
- ▶ Contains 7 mg of FloraGLO® lutein and 1 mg of zeaxanthin, consistent with the latest scientific findings on their role in ocular health
- ▶ *New!* Now provides trans-resveratrol – a heart-healthy component of red wine, as well pomegranate extract and more vitamin B12
- ▶ Features potent cell-protecting ingredients: green tea extract, broccoli sprout extract and OptiBerry® Mixed Berry Blend
- ▶ Delivers highly bioavailable nutrient sources and standardized plant extracts for consistent delivery of active compounds
- ▶ Made from premium ingredients and manufactured according to the highest quality standards

Optimal Nutrition Supports Healthy Aging

America's eating patterns do not achieve top marks according to several large-scale surveys; only 1% consume diets that meet the Food Guide Pyramid recommendations; 2/3 do not eat at least 5 fruit and vegetable servings daily. Recently, a government survey reported that nearly 1/3 of the population has low blood levels of vitamin E and about 1/4 has marginal blood levels of vitamin C. Such findings have led the AMA to recommend a multivitamin daily for all Americans¹.

Beyond preventing marginal intakes, supplements have been shown to play a pivotal role in helping to maintain health and quality of life. Well-controlled trials have demonstrated that healthy, older individuals who regularly take a complete multi-supplement experience fewer days of infection-related illness² and improved cognitive function³. Long-term multivitamin use has been associated with a protective role in ocular health⁴ and research shows that folate, B6 and B12 can reduce the risk of developing AMD in women⁵. Other studies underscore the need for such diverse nutrients as folate to maintain

colon health⁶, selenium for prostate health⁷, and chromium for normal blood sugar levels⁸.

Importance of Antioxidants

Free radicals are highly reactive compounds produced through the body's use of oxygen, and generated by outside sources such as ultraviolet light. Oxidative damage over time is believed to contribute to the gradual, age-related clouding of the eye's lens and degeneration of the macula. As integral components of the body's free radical defense system, antioxidants help neutralize free radicals and defend cellular structures.

Rationale for Key Ingredients

Vitamins C (400 mg) and E (200 IU)

Vitamin C is the major water-soluble antioxidant concentrated in ocular tissues. Concentrations in the lens are up to 60 times the level found in blood. Fat-soluble vitamin E is the major chain-breaking antioxidant that protects lipid-rich retinal cell membranes against free radical attack.

A link between vitamin C intake and macular health has been established. Tufts' Nutrition and Vision Project notes that long-term vitamin C supplementation (360 mg on average), can significantly lower the odds of developing age-related clouding of the central portion of the eye's lens⁹. OcularProtect provides vitamin C at levels consistent with these findings.

Studies also report that higher vitamin E intakes or blood levels may improve one's chance of prolonging lens and macular health^{10,11}. OcularProtect provides the amount used in the Age Related Eye Disease Study (AREDS), an appropriate level for healthy people. Natural vitamin E (tocopherol) is used – shown to be better absorbed and retained – plus broad spectrum alpha to gamma tocopherol, that together play a health-protective role^{12,13}.

FloraGLO® Lutein (7 mg) and Zeaxanthin (1 mg)

Lutein and zeaxanthin are similarly structured carotenoids that compose the macular pigment, the area of

the retina's center where the sharpest central vision occurs. Macular pigment filters out blue (visible) light that can cause photo-oxidative damage. Lutein and zeaxanthin are also the only carotenoids detected in the eye's lens¹⁴. Higher intake is linked with significantly lower risk of lens opacity or likelihood of undergoing cataract surgery¹⁵.

Population-health studies have examined lutein's relationship with macular health¹⁵⁻¹⁷. In studies with low lutein intake, no association was seen, while in studies with wider ranges of intake, those eating the highest lutein (6-7 mg daily) were more likely to maintain macular health¹⁸. Macular pigment density is linked with improved macular function¹⁹. Both elevated serum levels and consumption of the two carotenoids (up to 6.5 mg daily) are related to greater pigment density²⁰. OcularProtect provides levels of lutein and zeaxanthin consistent with these findings, and in a balanced ratio reflecting dietary intake.

Zinc (25 mg)

Zinc is an essential mineral selectively concentrated in the eye, and found in the retina and choroid, ciliary body, iris, optic nerve, sclera, cornea and lens. Within these eye structures, zinc is believed to interact with vitamin A and taurine to modify photoreceptor membranes, regulate the light-rhodopsin reaction, help nerve transmission and to serve as an antioxidant²¹. OcularProtect provides bioavailable zinc at about 1/3 the therapeutic dose administered in AREDS¹¹, a prudent level for eye-healthy individuals²².

More Eye-Essential, Health-Promoting Ingredients:

Vitamin A is provided both as pre-formed vitamin A (retinyl palmitate) and beta-carotene, which functions as an antioxidant and is converted to vitamin A as required by the body. Vitamin A protects night vision and is vital for the health of the eye's cornea. It also interacts with zinc and the amino acid taurine in retinal photoreceptors.

Selenium is required for proper function of glutathione peroxidase, an antioxidant enzyme found in the lens and localized in photoreceptor and retinal pigment epithelial cells. Low levels have been detected in lenses of patients with age-related cataract²³.





Suggested Use: Take a total of four capsules daily, with meals. For optimal tolerance, it is not recommended that capsules be taken on an empty stomach.

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

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.

Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A [40% (2,000 IU) from retinyl palmitate, 45% (2,250 IU) from beta-carotene and 15% (750 IU) from mixed carotenoids]	5,000 IU	100%
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin D (as cholecalciferol)	900 IU	225%
Vitamin E (from d-alpha tocopheryl succinate and mixed tocopherols)	200 IU	667%
Thiamin (vitamin B1 from thiamine hydrochloride)	9 mg	600%
Riboflavin (vitamin B2)	10 mg	588%
Niacin (from niacinamide)	20 mg	100%
Vitamin B6 (from pyridoxine hydrochloride)	20 mg	1,000%
Folate (50% from folic acid, 50% from calcium folinate)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667%
Biotin	200 mcg	67%
Pantothenic Acid (from calcium pantothenate)	25 mg	250%
Calcium (98% from calcium carbonate, 2% from calcium pantothenate)	100 mg	10%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc monomethionine)	25 mg	167%
Selenium (50% from selenomethionine, 50% from sodium selenate)	100 mcg	143%
Copper (from copper sebacate)	2.5 mg	125%
Manganese (from manganese amino acid chelate)	5 mg	250%
Chromium (from chromium polynicotinate)	200 mcg	167%
Molybdenum (from molybdenum aspartate)	75 mcg	100%
Taurine	200 mg	†
Lemon Bioflavonoids (50% hesperidin complex)	175 mg	†
Acetylcysteine (N-acetyl-L-cysteine) (NAC)	150 mg	†
Broccoli Sprout Extract (2% sulforaphane)	75 mg	†
Green Tea Leaf Extract (65% epigallocatechin gallate)	50 mg	†
Quercetin	50 mg	†
Ginkgo Leaf Extract (24% ginkgo flavone glycosides)	40 mg	†
Grape (<i>Vitis vinifera</i>) Seed Extract (95% proanthocyanidins)	30 mg	†
Turmeric (95% curcuminoids)	25 mg	†
Alpha Lipoic Acid	20 mg	†
OptiBerry® Proprietary Blend** (blueberry, strawberry, cranberry, bilberry, elderberry and raspberry)	20 mg	†
Bilberry Fruit Extract (25% anthocyanidins)	15 mg	†
Pomegranate Fruit Extract (40% punicalagins)	15 mg	†
Lutein (FloraGLO®)	7 mg	†
Trans-Resveratrol	2.5 mg	†
Boron (from protein hydrolysate)	2 mg	†
Lycopene	2 mg	†
Zeaxanthin	1 mg	†
Vanadium (from vanadium amino acid chelate)	20 mcg	†
Carotenoids Proprietary Blend (alpha-carotene, gamma-carotene and cryptoxanthin)	17 mcg	†

† Daily Value not established.

Other Ingredients: Gelatin, Water and Silica.

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N-Acetylcysteine contributes the major building block for glutathione peroxidase, enabling the body to produce its own supply of the enzyme, which is poorly absorbed from foods.

Taurine is an amino acid made in the body and selectively concentrated in eye tissues. Taurine helps stabilize retinal cell membranes and may act as an antioxidant in the lens²⁴.

Alpha Lipoic Acid is a fat and water-soluble antioxidant that can scavenge free radicals and help recharge other antioxidants such as glutathione and vitamin C. Experimentally, it protects against oxidative stress in the retina²⁵.

Lycopene is the antioxidant pigment that gives tomatoes their vivid color. Greater intakes have been linked to a better chance of retaining prostate and pancreatic health^{26,27}. This formula provides 2 mg of lycopene, which increases typical dietary intakes by 40%.

Green Tea Extract delivers the unique polyphenols found in 1 cup of tea. Absorption of green tea polyphenols and their antioxidant activity in blood is enhanced when taken in capsules versus drinking the beverage²⁸. Green tea works with vitamin C to decrease formation of compounds that cause abnormal cellular changes²⁹.

Broccoli Sprout Extract contains standardized levels of sulforaphane. Extensively researched, sulforaphane plays a role in boosting the body's natural defense system that detoxifies substances before they can damage cells. Regular consumption of cruciferous vegetables like broccoli is critical to protecting cellular health³⁰.

OptiBerry® Mixed Berry Blend is a rich source of healthful anthocyanins, and is equivalent to consuming 1/2 cup of berries daily. This unique blend of 6 different berries scored highest among many berry combinations tested for their antioxidant capacity and ability to thwart the unwanted growth of vessels (anti-angiogenesis)³¹.

And More ... Plant compounds with antioxidant activity such as the flavonoids contribute to the health benefits of eating five or more fruit and vegetable servings daily³². Additional flavonoids are derived from a wide variety of sources: bilberry, citrus, grape seed, Ginkgo biloba and quercetin found in apples and onions. As antioxidants, they support healthy retinal circulation and ocular health.

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