

## OcularEssentials: Support for Vision and a Healthy Life

OcularEssentials is a multinutrient 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)	74 mg	493%	
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 aspartate)	75 mcg	167%	
Taurine	150 mg	†	
Quercetin	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.



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.

	OcularEssentials® (ScienceBased Health) 2 capsules per day	Centrum® Silver 50+ (Whitehall Robbins) 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)	3,000 IU (incl. 50% beta-carotene, 17% mixed carotenoids)	2,500 IU (incl. 40% beta-carotene, lacks mixed carotenoids)
Vitamin C	400 mg	60 mg
Vitamin D	800 IU	1,000 IU
Vitamin E	100 IU	50 IU
Vitamin K*	-	30 mcg
B Vitamins:		
Thiamin	4.5 mg	1.5 mg
Riboflavin	5 mg	1.7 mg
Niacin	20 mg	20 mg
Pantothenic Acid	25 mg	10 mg
Vitamin B6	10 mg	3 mg
Folate	400 mcg	400 mcg
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



## OcularEssentials® WHOLE BODY FORMULA Capsules



*Multinutrient  
to Protect Eyes  
and Body*





## 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: [ScienceBasedHealth.com/OEref](http://ScienceBasedHealth.com/OEref)*

## How to Purchase

OcularEssentials and other ScienceBased Health products are available for purchase through eye care practitioners, by calling Customer Care at: **1.888.433.4726** or online: ***SBH.com***.

