

Optic Nerve Formula® FAQs



What Is Optic Nerve Formula?

- ▶ Optic Nerve Formula is a specialized oral formulation designed to help protect the optic nerve. It provides targeted support in four softgels daily.

What Does This Formula Target?

- ▶ Optic Nerve Formula delivers nutrients that help:
 - ▷ Counter oxidative stress (quench free radicals)
 - ▷ Enhance ocular circulation
 - ▷ Promote normal vascular function
 - ▷ Support mitochondria function
 - ▷ Inhibit compounds that damage nerve cells

Who Might Benefit from Optic Nerve Formula?

- ▶ The health of the optic nerve can be compromised in many conditions, such as ischemic neuropathies and glaucoma. Optic Nerve Formula augments ocular defenses during oxidative stress, and provides nutritional support for:
 - ▷ Those with optic nerve disorders
 - ▷ Those wanting to help protect optic nerve health

Can This Formula Be Used by Those with Elevated or Normal IOP?

- ▶ Optic Nerve Formula can be appropriately used when intra-ocular pressure (IOP) is elevated as well as when IOP falls within the normal range. Glaucoma is now viewed as a neurodegenerative disease that occurs over a wide range of IOP. Oxidative stress plays a role in damage to neurons and cells in the trabecular meshwork, and ocular defenses may be compromised in glaucoma. Since glaucoma can progress despite treatment, Optic Nerve Formula can complement IOP-lowering treatments for those with elevated or normal IOP.

Can I take this formula along with an SBH multinutrient?

- ▶ Optic Nerve Formula may be safely combined with SBH's OcularProtect®, OcularEssentials® or a macular-plus-"multi" product like MacularProtect Complete®. Please note that it's always wise to inform your doctor when adding any supplement to your regimen.

What are the Ingredients in Optic Nerve Formula?

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% ginkgoflavone 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.

How Do the Ingredients Provide Targeted Nutritional Support?

Ingredient(s)	Category	Rationale	Evidence*
Vitamin C	Water soluble antioxidant	Concentrated in nerve cells and the aqueous humor, vitamin C helps protect against oxidative stress.	Evidence strongly suggests that oxidative stress plays a role in POAG
Vitamin E	Fat soluble antioxidant	Vitamin E helps protect cellular fatty acids and omega-3s in this formula.	Oxidative stress was shown to cause DNA damage in trabecular meshwork of tissue from glaucoma patients. Increased DNA damage is correlated with higher IOP and greater visual field loss. Dysfunction of mitochondria—the cell's energy producing center—has been implicated in oxidative damage of the trabecular meshwork and the death of retinal ganglion cells
Coenzyme Q10 (CoQ10)	Fat soluble antioxidant	Abundant in the cells' mitochondria, CoQ10 plays a vital role in producing energy and blocking free radicals	
Alpha Lipoic Acid	Fat and water soluble antioxidant	Experimentally, alpha lipoic protects neurons from glutamate toxicity.	
Taurine	Water soluble antioxidant	Concentrated in eye tissues, antioxidant taurine supports normal endothelial function.	
Ginkgo Biloba	Botanical, antioxidant	Experimentally and in humans, Ginkgo biloba has been shown to reduce platelet aggregation, increase vasodilation, and protect capillaries.	Ginkgo biloba has been found in a controlled trial to improve pre-existing field damage in patients with normal tension glaucoma.
Bilberry and Grape Seed Extracts	Source of flavonoids (anthocyanins, procyanidins)	Possess antioxidant activity and support capillary integrity	Combination of both flavonoids clinically reported to improve ocular blood flow and decrease IOP in ocular hypertension
DHA, EPA, ALA	Omega-3 fatty acids	Experimentally, DHA has been found to reduce oxidative damage to retinal photoreceptor nerve cells, protect mitochondrial membranes and reduce retinal nerve cell death by 50%.	POAG patients were found to have reduced levels of DHA & EPA compared with their healthy siblings. EPA & DHA help modulate micro-circulation and ocular blood flow.
Vitamins B6, B12, and Folate	B-vitamins	All 3 B-vitamins help maintain healthy blood levels of homocysteine. Elevated homocysteine damages blood vessels. B12, needed to form optic nerve myelin sheath, is often low in those over 50.	Clinically shown to reduce elevated homocysteine, a possible risk factor for glaucoma. Higher folate intake has been linked to decreased risk of incident hypertension in younger women.
Quercetin	Flavonoid	Experimentally, shown to protect glial cells from oxidative stress-induced injury. May help protect against glutamate excess.	Flavonoids, primarily quercetin, clinically shown to improve antioxidant enzyme activity. Higher intake linked to lower mortality risk from coronary heart disease and stroke.
Magnesium	Major mineral	Magnesium helps maintain vascular tone. Vasospasm and migraine are glaucoma risk factors.	Low magnesium may be a factor in vasospastic migraine, and supplementation has been reported to be of clinical benefit.
N-Acetylcysteine (NAC)	Amino acid	N-acetylcysteine is a safe supplemental form of cysteine, the rate-limiting precursor of intracellular glutathione, a key ocular antioxidant.	Experimentally, NAC protected against nitric oxide radicals. Helps ensure proper levels of cysteine for glutathione production.

*References available upon request

Are There Any Cautionary Notes?

- ▶ The ingredient Ginkgo biloba may affect platelet aggregation. Thus, the use of Optic Nerve Formula along with anti-coagulation or anti-platelet medications could raise the risk of increased bleeding. This can be monitored by occasionally measuring Pro-thrombin Time and International Normalized Ratio (PT/INR) to evaluate the ability of the blood to clot properly. The formula is not intended for pregnant or lactating women. Individuals with an existing medical condition should consult their physician before using.



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