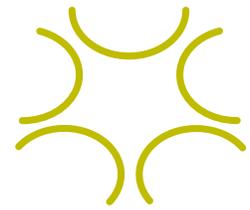


OPTICNERVE FORMULA[®]



FAQ SHEET

WHAT IS OPTICNERVE FORMULA?

OpticNerve Formula is a clinically tested (*Acta Ophthalmologica*, 2018) oral formulation designed to help protect the optic nerve. It provides targeted support in four softgels daily.

WHAT DOES THIS FORMULA TARGET?

OpticNerve Formula delivers nutrients that help:

- Support ocular circulation
- Counter oxidative stress (quench free radicals)
- Promote normal vascular function
- Protect mitochondria function
- Inhibit compounds that damage nerve cells

WHO MIGHT BENEFIT FROM OPTICNERVE FORMULA?

The health of the optic nerve can be compromised in many conditions, such as ischemic neuropathies and glaucoma. OpticNerve 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?

OpticNerve 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, OpticNerve Formula can complement IOP-lowering treatments for those with elevated or normal IOP.

CAN I TAKE THIS FORMULA ALONG WITH AN SBH MULTINUTRIENT?

OpticNerve 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 OPTICNERVE FORMULA?

Supplement Facts		
Serving Size 4 softgels	Servings per Container 30	
	Amount per Serving	% Daily Value
Calories	15	
Total Fat	1 g	1%
Vitamin C (ascorbic acid)	250 mg	278%
Vitamin E (from d-alpha tocopherol, mixed tocopherols)	20 mg	133%
Vitamin B6 (from pyridoxine hydrochloride)	10 mg	588%
Folate (50% from folic acid, 50% from calcium folinate)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Magnesium (from magnesium oxide, aspartate)	120 mg	29%
Taurine	250 mg	†
Alpha Lipoic Acid	200 mg	†
Ginkgo Leaf Extract (24% ginkgolavone glycosides)	120 mg	†
Omega-3 Fatty Acids (100 mg DHA, 20 mg EPA)	120 mg	†
Bilberry Fruit Extract (25% anthocyanins)	115 mg	†
Coenzyme Q10 (CoQ10)	50 mg	†
Grape Seed Extract (95% proanthocyanidins)	50 mg	†
Quercetin (as quercetin dihydrate)	50 mg	†

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

† Daily Value not established.

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

**Provides 460 mg of additional omega-3 fatty acids from flax seed oil.

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.
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.	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.
Taurine	Water soluble antioxidant	Concentrated in eye tissues, antioxidant taurine supports normal endothelial function.	
Ginkgo Biloba	Botanical, antioxidant	Experimentally and in humans, <i>Ginkgo biloba</i> has been shown to reduce platelet aggregation, increase vasodilation, and protect capillaries.	<i>Ginkgo biloba</i> 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.

*References available upon request

ARE THERE ANY CAUTIONARY NOTES?

The ingredient Ginkgo biloba may affect platelet aggregation. Thus, the use of OpticNerve Formula along with anti-coagulation or anti-platelet medications could raise the risk of increased bleeding. This can be monitored by occasionally measuring Prothrombin 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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