

OCULARPROTECT[®]

CAPSULES



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 oxidative stress, a factor 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 a diverse array of beneficial plant-based compounds
- Contains 10 mg of FloraGLO[®] lutein and 2 mg of zeaxanthin, reflecting the latest scientific findings for ocular health
- Features potent cell-protecting ingredients: trans-resveratrol, green tea extract and OptiBerry[®] Mixed Berry Blend
- Delivers highly bioavailable nutrient sources and standardized plant extracts for consistent delivery of active compounds
- Manufactured in NSF[®]-certified facilities from finest quality, bioavailable ingredients

OPTIMAL NUTRITION FOR HEALTHY AGING

Most Americans over-consume fat and sugar, while failing to meet recommendations for dark green and orange vegetables, and whole grains – sources of key antioxidant nutrients, lutein and essential minerals¹. The 2015 Dietary Guidelines Advisory Committee has also identified 9 under-consumed vitamins and minerals. Most experts agree even conscientious consumers find it difficult to get needed nutrients from food alone, and supplements can help fill gaps².

Beyond preventing marginal intakes, supplements are pivotal for optimal health and quality of life. Studies show that healthy older individuals who regularly take multinutrients have reduced mortality risk from cardiovascular disease³ and better odds of maintaining health⁴. Long-term 'multi' use is linked with a protective role in ocular lens health^{5,6}, and research suggests folate, B6 and B12 can reduce AMD risk in women⁷.

VALUE OF ANTIOXIDANTS, POLYPHENOLS

Free radicals are highly reactive compounds produced through the body's use of oxygen, and generated by outside sources such as UV

light. Oxidative damage over time contributes to the gradual, age-related clouding of the eye's lens and degeneration of the macula. As integral components of the body's defense system, antioxidants help neutralize free radicals and defend cellular structures.

Flavonoids and other polyphenols from plant-based foods are the most abundant dietary antioxidants, and are considered key to health benefits of the Mediterranean diet. Diets low in polyphenols are linked to greater cognitive decline⁸, while consuming at least 650 mg daily is associated with decreased mortality in older adults⁹. The polyphenols in OcularProtect (~270 mg daily) make a meaningful addition to overall intake.

RATIONALE FOR KEY INGREDIENTS

Vitamins C (400 mg) E (200 IU) and D (900 IU)

Vitamin C is the major water-soluble antioxidant concentrated in ocular tissues. Levels in the lens are up to 60 times those in blood. Fat-soluble vitamin E is the major antioxidant protecting lipid-rich retinal cell membranes against free radical attack. Evidence suggests long-term vitamin C supplementation may lower odds of developing age-related clouding of the central lens¹⁰. OcularProtect provides vitamin C at levels consistent with these findings. Recent research has focused on vitamin E's vital role in cell membrane repair – especially in muscle cells routinely damaged through everyday use¹¹. OcularProtect provides a better-absorbed and retained natural source of vitamin E at a safe and appropriate level.

A decade of research suggests low vitamin D blood levels may contribute to a spectrum of conditions like osteoporosis, some cancers, cardiovascular disease and diabetes¹². Higher blood levels are also linked with lower AMD risk¹³, possibly by reducing inflammation at the interface of the retina's blood supply (choroid) and pigment-containing (RPE) cells during early disease stages. Many experts advise supplementing to help achieve vitamin D levels linked to better health, and OcularProtect provides a robust and safe amount.

FloraGLO[®] Lutein (10 mg) and Zeaxanthin (2 mg)

Lutein and zeaxanthin (L/Z) compose the macular pigment, the central retinal area where the sharpest central vision occurs. Macular pigment filters out blue (visible) light that can cause photo-oxidative damage. They are also the only carotenoids detected in the eye's lens.

Recent studies suggest that optimizing macular pigment density with supplemental L/Z supports measures of functional vision in those with early AMD, including retinal sensitivity and contrast sensitivity – especially important in low light, fog or glare conditions when contrast is reduced^{14,15}. Some studies also link higher intake with lower risk of developing early AMD in those at high genetic risk¹⁶. OcularProtect provides levels 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 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 antioxidant. Inadequate intake affects immune function and increases production of pro-inflammatory factors (cytokines)¹⁷. OcularProtect provides bioavailable zinc at about 1/3 the dose used in AREDS, prudent for eye-healthy individuals.

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 needed. Vitamin A protects night vision and is vital for the eye's cornea. It also interacts with zinc and the amino acid taurine in retinal photoreceptors.

Selenium is required by glutathione peroxidase, an antioxidant enzyme present in the lens and localized in photoreceptor and RPE cells. As part of glutathione peroxidase, selenium also aids vitamin E in limiting oxidative damage to lipids.





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 (from retinyl palmitate)	150 mcg RAE	17%
Vitamin C (as ascorbic acid)	750 mg	833%
Vitamin D (as cholecalciferol)	22.5 mcg	113%
Vitamin E (from d-alpha tocopheryl succinate and mixed tocopherols)	268 mg	1,787%
Thiamin (vitamin B1 from thiamin hydrochloride)	4.5 mg	375%
Riboflavin (vitamin B2)	5 mg	385%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (from pyridoxine hydrochloride)	20 mg	1,177%
Folate (50% from folic acid, 50% from calcium folinate)	667 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	100 mcg	4,167%
Biotin (as d-biotin)	100 mcg	333%
Pantothenic Acid (from calcium pantothenate)	12.5 mg	250%
Calcium (from calcium carbonate)	100 mg	8%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	100 mg	24%
Zinc (from zinc oxide)	80 mg	727%
Selenium (from selenomethionine)	70 mcg	127%
Copper (from copper oxide)	2 mg	222%
Manganese (from manganese amino acid chelate)	2.5 mg	109%
Chromium (from chromium polynicotinate)	100 mcg	286%
Molybdenum (from molybdenum amino acid chelate)	37.5 mcg	83%
Taurine	100 mg	†
Olive Leaf Extract (18% oleuropein)	100 mg	†
Lemon Bioflavonoids (50% bioflavonoid complex)	50 mg	†
Quercetin (as quercetin dihydrate)	50 mg	†
Turmeric Rhizome Extract (95% curcuminoids)	25 mg	†
Alpha Lipoic Acid	20 mg	†
Ginkgo Leaf Extract (24% ginkgolflavone glycosides)	20 mg	†
Bilberry Fruit Extract (standardized to anthocyanidins)	15 mg	†
Grape (<i>Vitis vinifera</i>) Seed Extract (95% proanthocyanidins)	15 mg	†
Lutein (FloraGLO®)	10 mg	†
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	†
Lycopene	2 mg	†
Zeaxanthin (from OPTISHARP® and FloraGLO® Lutein)	2 mg	†
Boron (with rice protein)	1 mg	†
Vanadium (from vanadyl sulfate)	15 mcg	†

† Daily Value not established.

Other Ingredients: Bovine Gelatin, Water, Magnesium Stearate and Silica.

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More Eye-Essential, Health-Promoting Ingredients (Continued):

Taurine is selectively concentrated in eye tissues, where it is the most abundant amino acid in the retina, vitreous, lens, cornea, iris, and ciliary body. Taurine helps stabilize retinal cell membranes and may act as an antioxidant in the lens¹⁸.

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 eye's photoreceptors¹⁹.

Lycopene is the antioxidant pigment that gives tomatoes their vivid color. Studies suggest a potential cardio-protective role for lycopene, though more research is needed²⁰. OcularProtect provides 2 mg, increasing 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 beverage²¹. Regular intake of green tea may help repair genetic material (DNA)²².

Trans-Resveratrol, found in grape skins, blueberries and red wine, is naturally produced by some plants in response to injury. Researchers are investigating whether trans-resveratrol also activates a protective stress response in human cells²³. OcularProtect provides a dose roughly equivalent to 3½ 5 oz. glasses of red wine.

OptiBerry® Mixed Berry Blend is a rich source of healthful anthocyanins, and is equivalent to consuming ½ cup of berries daily. This unique blend of 6 different berries scored highest among many berry combinations tested for antioxidant capacity and ability to thwart the unwanted vessel growth (anti-angiogenesis)²⁴.

And More ... Additional flavonoids – important health-supporting components of fruits and vegetables – are provided from a wide variety of sources: bilberry, citrus, grape seed, *Ginkgo biloba*, pomegranate and quercetin found in apples and onions. As antioxidants, they support healthy retinal circulation and ocular health.

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