

# OcuBalance



## Clinical Applications

- Helps Modulate Homocysteine Levels\*
- Helps Raise Glutathione Levels\*
- Purposefully Does Not Contain Copper\*
- Contains Chelated Zinc with Higher Bioavailability\*
- Contains Multiple Antioxidants for Therapeutic Synergy\*
- Uses Natural Plant Sourced Zeaxanthin and Lutein\*

**OcuBalance** is a comprehensive formulation containing a vast array of eye supportive nutrients, including lutein, zeaxanthin, bilberry, Ginkgo biloba, curcumin, green tea, taurine, lipoic acid, vitamin A, and mixed carotenoids including beta carotene. This product does not contain synthetic carotenoids, as research shows that natural carotenoids offer a superior spectrum of benefits.\*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

OcuBalance provides a broad spectrum of nutrients specifically selected to support the function of the eyes. Mixed carotenoids along with preformed vitamin A naturally sourced from palm tree fruit. Significant levels of riboflavin and methylcobalamin, which are crucial for healthy homocysteine metabolism. Clinically relevant doses of lutein and zeaxanthin esters from natural plant sources. Bilberry extract standardized to 36% anthocyanins. Taurine included for its role in supporting retinal health.

Exposure to toxins, ultraviolet light from the sun, and free radicals can all do major damage to the eye. The simple act of letting light pass through the eye and hitting the retina increases the exposure of eye tissue to a range of different light-generated free radicals. For this reason, it makes sense to optimize intake of eye-nourishing nutrients, especially as we age.

Many patients that use OcuBalance to support eye health have one or more of the following:

- Macular degeneration
- Glaucoma
- Cataracts
- Poor Night vision
- Retinopathy
- Preventing vision decline
- Ocular fatigue

**Lutein** Lutein, a yellow carotenoid found in foods such as corn, egg yolks, kale, spinach, and broccoli, protects the retina from the free radical damage it undergoes constantly. The lutein used in OcuBalance is naturally derived from marigolds. Lutein-rich foods and supplements containing lutein can increase macular pigment density, which research shows is associated with a lower risk of age-related macular degeneration (AMD). Lutein supplementation has been shown to improve visual and retinal function in AMD patients and in healthy subjects. Some studies suggest 6 mg/day as a beneficial dose of lutein, but average dietary intake in the U.S. is only 1-2 mg/day. Two capsules of OcuBalance provide 10 mg of lutein in the esterified form, which shows superior absorption.

In the Lutein Antioxidant Supplementation Trial (LAST), 90 patients with the dry form of AMD were evaluated for changes in visual functions while taking a proprietary supplement mixture. Researchers recorded actual improvement in key visual functions among patients with AMD. Patients taking the experimental antioxidant mix experienced significant improvements in glare recovery, contrast sensitivity, and visual acuity when compared to placebo. Additionally, patients experienced a 50% increase in macular pigment density when compared to those on the placebo treatment.<sup>1-7</sup>

The study also demonstrated the reversing effects of 10 mg of lutein supplementation along with vitamin C, vitamin E, and other antioxidants on the symptoms and pathology of dry AMD. Note that OcuBalance contains the same formulation as the experimental mixture used in LAST, along with additional micronutrients and antioxidants that support eye health.

**Bilberry** The bilberry used in OcuBalance is a standardized extract containing 36% anthocyanidins. According to research, anthocyanosides, which have antioxidant activity, also have a stabilizing effect on collagen, prevent capillary fragility, and improve microcirculation.<sup>1,2</sup> Clinical evidence shows that bilberry helps with glaucoma, cataracts, retinopathy, diabetes mellitus, and arthritis.<sup>2</sup> In addition, a significant visual acuity recovery has been shown in school children with pseudomyopia, suggesting that long-term intake of bilberry extract may be useful in preventing an advancement to axial myopia<sup>4</sup> and slowing the progression of various eye disorders including myopia, impaired night vision, and diabetic and hypertensive retinopathy. The therapeutic effects of bilberry are associated with the antioxidant activity of its anthocyanins, their ability to increase blood supply to the retina, and to inhibit retinic phosphodiesterases, the enzymes responsible for the decay of visual impulses.<sup>11-12</sup>

\*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.

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OcuBalance



# Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Retinyl Palmitate and Mixed Carotenoids from Palm Tree Fruit)	960 mcg RAE 107%	N-Acetyl-L-Cysteine (NAC)	200 mg *
Vitamin C (as Ascorbic Acid)	100 mg 111%	Quercetin	100 mg *
Thiamin (Vitamin B-1) (as Thiamin HCl and Benfotiamine)	10 mg 833%	Bilberry Extract ( <i>Vaccinium myrtillus</i> )(fruit) [standardized to contain 25% anthocyanidins]	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin and Riboflavin-5-Phosphate)	20 mg 1538%	Ginkgo Extract ( <i>Ginkgo biloba</i> )(leaf) [standardized to contain 24% ginkgo flavonglycosides and 5.4% terpene lactones]	60 mg *
Niacin (Vitamin B-3)(as Niacinamide)	10 mg NE 63%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	50 mg *
Vitamin B-6 (as Pyridoxine HCl)	10 mg 588%	Alpha Lipoic Acid	50 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE 170%	Turmeric ( <i>Curcuma longa</i> )(root) [standardized to contain 95% curcuminoids]	50 mg *
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	100 mcg 4167%	Lutein (from Marigold Extract [Lutemax® 2020])	10 mg *
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%	Zeaxanthin Isomers (from Marigold Extract [Lutemax® 2020])	2 mg *
Selenium (as Selenium Glycinate Complex)	50 mcg 91%		
Taurine	200 mg *		

**Other Ingredients:** Cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.

## Directions

Take two capsules daily with meals, or as directed by your healthcare provider.

Consult your healthcare provider prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

## Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



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