



## Nutritional support for optic nerve health and optimal eyesight function

### APPLICATIONS / BENEFITS

- Supports proper flow of eye fluid
- Promotes decreased intraocular pressure
- Helps maintain visual acuity
- Eases eye strain

### OVERVIEW

**Patient One OpticOne™** supplies a comprehensive blend of over 15 synergistic nutrients known to support healthy optic nerve function. OpticOne was formulated to help regulate ocular fluid and blood flow and promote reduced intraocular pressure (IOP). Created by ophthalmologists, this research-based formula allows for increased intake of specific ocular antioxidants that promote a healthy retina, lens and optimal eyesight function.

### KEY INGREDIENTS

**Vitamins A, C & E** are antioxidants that work together to promote eye health. Vitamin A binds to the rods (rhodopsin) and cones (iodopsin) in the retina, giving vitamin A its alternate name, retinol. Vitamin C has been shown to regenerate Vitamin E in the retina and in rod segments by reducing the oxidized portion of the vitamin E molecule. Vitamin C also forms the connective tissue of the cornea and helps to prevent this tissue from absorbing UV radiation. Additionally, vitamin C has been shown to lower eye pressure. A study on glaucoma patients found that Vitamin E helped to prevent visual field loss.

**Vitamin B12** is believed to preserve myelin, which insulates nerve cells in the eyes. Clinical data supports its ability to preserve eyesight and provide a protective effect on the optic nerve.

**Magnesium** blocks the entry of calcium into cells and produces relaxation of constricted blood vessels in the eyes, which is beneficial for optic nerve health.

**Chromium** has been found to enable the eye to focus without straining and helps reduce intraocular pressure. Chromium deficiency can cause a decrease in utilization of glucose, which is necessary for the muscles of the eyes to focus and function optimally.

**Alpha Lipoic Acid** can regenerate vitamin C and glutathione and can recycle vitamin E. It prevents or impedes cell oxidation or destruction by free radicals. It has been studied for its role in enhancing color, visual fields and visual sensitivity, improving visual function and reducing damage in the eyes.

**Ginkgo biloba** has been used to improve blood flow in small capillaries such as those found in the eye. Studies show that ginkgo is a powerful antioxidant and membrane stabilizer that can slow down retinal deterioration, resulting in increased visual acuity. Clinical research supports ginkgo biloba's role in lowering IOP, improving mitochondrial function, and maintaining balance in the blood circulation.

**Grapeseed extract** has been found to improve blood flow in the eye and can ward off free-radical damage that can cause harm to the eyes. Studies have found that taking grapeseed extract daily can ease eyestrain and enhance perception of contrast.

**Bilberry extract** for eye health dates back as far as World War II. Bilberry jam, which was made from *Vaccinium myrtillus* berries, was given to the Royal Air Force pilots on night flights to improve their eyesight. Standardized bilberry extract plays an important role in improving retinal sensitivity. Bilberry is a rich, natural source of the anthocyanins known for protecting capillaries from free radical damage. Animal studies have shown protective benefits against early stage cataracts or macular degeneration when bilberry extract was added to diet. Research supports the use of ginkgo biloba in combination with bilberry anthocyanins for improved visual function. Additionally, combining grapeseed and bilberry extracts has been clinically shown to improve ocular blood flow and decrease IOP.

**Quercetin** is a bioflavonoid that protects the eye from sun radiation. It reduces the leakage from damaged small blood vessels in the retina. It also may help protect against cataracts by blocking sorbitol accumulation in the eye. Quercetin inhibits oxidative damage in the lens and inhibits aldose reductase, the enzyme considered key to maintaining the clarity of the lens.

**L-Taurine**, found in the highest concentrations in the retina, acts as an antioxidant in the eye and appears to be a regulator of neuronal excitability, fluid regulation, detoxification, and membrane stabilization. L- Taurine plays a role in rhodopsin regeneration, which is necessary for night vision. It is essential to the retinal pigment epithelium and the photoreceptors where it is found at levels ten times higher than other amino acids. L- Taurine helps to transport nutrients across cell membranes and assists in the elimination of potentially toxic substances.

**CoQ10** is associated with improved visual function in people with early age-related macular degeneration (AMD).

**N-Acetyl-L-Cysteine (NAC)** boosts the body's endogenous levels of glutathione, a key ocular antioxidant. As people age, levels of glutathione drop. NAC protects the tear film by increasing glutathione levels in the eye, which inhibits the oxidation of phosphatidylethanolamine and sphingomyelin. Individuals with cataracts were found to have one-tenth the amount of glutathione as those without cataracts.

**Lutein** is a vital component of the macula and may provide antioxidant protection to this area of the retina. Lutein also protects the macula from damaging blue light. Low levels of lutein are associated with macular degeneration and cataracts. Visual acuity and contrast sensitivity were improved with lutein supplementation as compared to placebo in a prospective study of 90 patients with AMD.

## REFERENCES

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## Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 60

Amount Per Serving		% DV*
Vitamin A (as beta carotene)	900 mcg RAE	100 %
Vitamin C (as ascorbic acid)	250 mg	278 %
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg	134 %
Folate (as folic acid)	666 mcg DFE	167 %
Vitamin B-12 (as methylcobalamin)	6 mcg	250 %
Magnesium (as magnesium oxide)	120 mg	29 %
Selenium (as L-selenomethionine)	100 mcg	182 %
Chromium (as chromium picolinate)	150 mcg	429 %
Alpha lipoic acid	150 mg	**
<i>Ginkgo biloba</i> (leaf) extract [Standardized for 24% ginkgolactones and 6% total terpene lactones]	120 mg	**
Grapeseed extract ( <i>Vitis vinifera</i> ) (inner core of fruit) [Standardized for 95% proanthocyanidins]	200 mg	**
Bilberry extract ( <i>Vaccinium myrtillus</i> ) (berry) [Standardized for 25% anthocyanins]	150 mg	**
Quercetin dihydrate	100 mg	**
L-Taurine	300 mg	**
Coenzyme Q10 (as ubiquinone)	30 mg	**
N-Acetyl-L-Cysteine	150 mg	**
Lutein [from marigold flowers ( <i>Tagetes erecta</i> ) FloraGLO®]	10 mg	**
Flaxseed bran ( <i>Linum usitatissimum</i> ) [Providing a minimum 3% Lignans]	150 mg	**

\* Daily Values based on 2,000 calorie diet

\*\* Daily Value not established

**Other Ingredients:** rice flour, vegetable cellulose (capsule), leucine

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 3 capsules daily as a dietary supplement, preferably with a meal, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking blood thinners or other medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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