



OculoNutrients

What Is It?

OculoNutrients is a broad-spectrum ophthalmoprotective formula, combining 10 mg lutein and 2 mg zeaxanthin in the optimal (5:1) ratio, with the highly bioavailable vitamin and mineral core of Nutrient 950® without iron, which includes copper, beta carotene, vitamin E, and zinc for healthy eyes. Lutein and zeaxanthin are distinct from the rest of the carotenoid family, being the only two absorbed and utilized by the eyes. Referred to as oxycarotenoids or xanthophylls, these fat-soluble compounds contain hydroxyl groups in their ring structures, making them more polar than their carotene counter parts, as well as more efficient at quenching free radicals for optimal macular, lens, and retina health.*

Uses For OculoNutrients

Optimal Health: OculoNutrients provides a high profile of free radical scavenging antioxidants important for cardiovascular, immune, and cellular health. The vitamins and minerals in this formula also support various physiological functions, including nervous system health, bone health, nutrient and hormone metabolism, and glucose utilization. This is a gentle, hypoallergenic formula, which is well tolerated by sensitive individuals.*

Macula And Retina Health: Lutein and zeaxanthin are absorbed into the retina through specific xanthophyll binding proteins and provide the primary pigment that gives the macula its characteristic yellow color. Studies have shown that zeaxanthin is more concentrated in the center of the macula, or the fovea, whereas lutein is more concentrated along the periphery of the macula and throughout the retina. Furthermore, multiple clinical studies suggest a direct relationship between lutein and zeaxanthin supplementation and macular concentration of these xanthophylls. Lutein and zeaxanthin have been reported in numerous studies, including a double blind, placebo controlled clinical trial held at the Department of Veterans' Affairs, Medical Center Eye Clinic in Chicago, to

promote healthy macular pigment, lens optical density, and visual acuity. Additionally, clinical trials have indicated that lutein and zeaxanthin support vision health through a combination of pigment associated antioxidant protection and blue-light screening mechanisms. One study conducted at Schepens Eye Research Institute and Department of Ophthalmology at Harvard Medical School indicated that zeaxanthin promoted photoreceptor health as well as provided protection from light.

What Is The Source?

The nutrients found in OculoNutrients are derived from the following:

- Mixed carotenoids: *D. salina* (algae)
- Vitamin C: corn dextrose fermentation
- Vitamin E: soybean
- Vitamin D₃: cholesterol from wool fat (lanolin)
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Folic acid: synthetic
- Biotin: synthetic
- Minerals: naturally derived from limestone
- Lutein: derived from marigold flower extract.
- Zeaxanthin: synthetic
- Sources of the mineral chelates include:
 - Aspartate: derived from soy protein hydrolysis
 - Citrate: corn dextrose fermentation
 - Citrate/Malate: synthetic

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Glycinate: synthetic
Picolinate: synthetic

Lutein is sourced from FloraGLO™ brand. FloraGLO™ is a registered trademark of Kemin Industries, Inc.
Zeaxanthin is sourced from OPTISHARP™ brand.
OPTISHARP™ is a trademark of DSM Nutritional Products.

Recommendations

Pure Encapsulations recommends 4-6 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

OculoNutrients contains Vitamin E, which may interact with blood thinning and other heart medications. Consult your physician for more information.

OculoNutrients™

six vegetable capsules contain



ascorbic acid	1,000 mg.
vitamin C (as ascorbyl palmitate)	120 mg.
mixed carotenoids	15,000 i.u.
providing:	
beta carotene	8,568 mcg.
alpha carotene	270 mcg.
cryptoxanthin	66 mcg.
lutein	42 mcg.
zeaxanthin	54 mcg.
zeaxanthin	2 mg.
lutein (from 200 mg marigold flower extract)	10 mg.
vitamin D ₃	400 i.u.
d-alpha tocopherol succinate (vitamin E)	400 i.u.
thiamine HCl (B ₁)	100 mg.
riboflavin (B ₂)	50 mg.
riboflavin 5' phosphate (activated B ₂)	25 mg.
pyridoxine HCl (B ₆)	25 mg.
pyridoxal 5' phosphate (activated B ₆)	25 mg.
niacinamide	100 mg.
inositol hexaniacinate (no-flush niacin)	90 mg.
folic acid	800 mcg.**
biotin	800 mcg.
pantothenic acid (calcium pantothenate) (B ₅)	400 mg.
methylcobalamin (B ₁₂)	1,000 mcg.
calcium (citrate)	300 mg.
magnesium (citrate)	200 mg.
potassium (aspartate)	99 mg.
zinc (picolinate)	25 mg.
manganese (aspartate)	10 mg.
boron (glycinate)	2 mg.
copper (glycinate)	2 mg.
iodine (potassium iodide)	200 mcg.
chromium (polynicotinate)	200 mcg.
selenium (selenomethionine)	200 mcg.
vanadium (aspartate)	200 mcg.
molybdenum (aspartate)	100 mcg.

**Provides the recommended dose for pregnant or lactating women.

4-6 capsules per day, in divided doses, with meals.