

# Optic-Plus™

Targeted Nutrition for Eye Health

Ocular health is dependent upon many factors. As we age, we become susceptible to vision irregularities due to environmental exposure such as Ultraviolet (UV) light, poor lifestyle habits and dietary inadequacies that can have a negative impact on eye health.

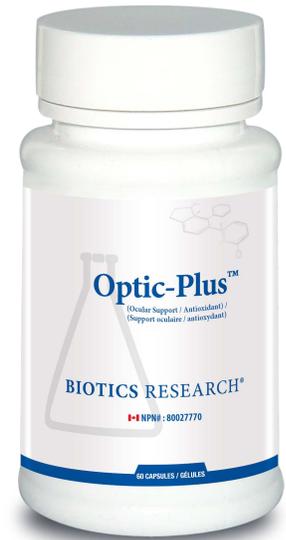
UV light can negatively impact the eyes, especially the cornea and lens. UV light initiates free-radical damage which has been associated with macular degeneration, glaucoma and cataracts, all conditions commonly seen and increasing in persons over the age of forty. In fact, age-related macular degeneration (AMD) affects the macula of the eye and is a leading cause of vision loss in people over 60 years of age. Other risk factors include smoking, obesity and diabetes.

Specific nutrients can play an important role in ocular health. Certain important antioxidants can scavenge free-radicals, reducing the risk of oxidative damage to the lens and cornea of the eye. Key carotenoids, especially lutein and zeaxanthin, protect against oxidative damage and are linked to a reduced risk of AMD. Lutein and zeaxanthin form the pigment that absorbs the macular damaging "blue light."

Vitamins C, E, and riboflavin have all shown to be protective against age-related ocular decline, as have important minerals such as zinc and selenium. Vitamin A's role in ocular health has

long been established, and anthocyanidins from bilberry extract have been shown to contribute to visual acuity.

**Optic-Plus™** from Biotics Research Corporation supplies these and other nutrient factors important for eye health.



Optic-Plus™ is available in 60 count bottles (#3024).

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as natural mixed carotenoids, palmitate) (IU ratio 2:1)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (B1) (as cocarboxylase chloride)	3.75 mg	250%
Riboflavin (B2) (as riboflavin-5-phosphate)	4.25 mg	250%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as selenomethionine)	70 mcg	100%
Copper (as copper gluconate)	1 mg	50%
Citrus bioflavonoids (from citrus fruit)	50 mg	*
Bilberry Extract (25% anthocyanidins) (fruit)	40 mg	*
Lutein (from marigold)	10 mg	*
Zeaxanthin	2.5 mg	*
Superoxide Dismutase (from vegetable culture †)	20 mcg	*
Catalase (from vegetable culture †)	20 mcg	*

\* Daily Value not established

Other ingredients: Capsule shell (gelatin and water).

= Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

This product is gluten and dairy free.

**RECOMMENDATION:** Two (2) capsules each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety seal for your protection.

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