

# TECHNICAL DATA SHEET



## ORGAN SUPPORT OCULAR™

Helps eyes shield and filter blue light. Supports healthy eye aging.

**Ocular** formula contains a complete complement of specific nutrients that are scientifically recognized as effective support for healthy eye function. We include the strongest and most effective antioxidants, which help support the fragile cells and blood vessels that nourish the eyes. **Ocular** formula also contains nutrients that support healthy ocular tissues from blue light and photo exposure. **Ocular** was formulated with significant input from ophthalmologists and opticians to successfully address the nutrients needed to support optimal eye health.

### Supplement Facts

Serving size: 3 capsules  
Servings per container: 30

| Amount per serving  |              | %DV   |
|---|--------------|-------|
| Vitamin A (as Mixed Carotenoids and Beta Carotene)  | 4500 mcg RAE | 500%  |
| Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)   | 300 mg       | 333%  |
| Niacin (as Inositol Hexanicotinate)   | 189 mg NE    | 1181% |
| Zinc (as Zinc Monomethionine)   | 15 mg        | 136%  |
| Selenium (as Selenomethionine)  | 50 mcg       | 91%   |
| Copper (as Copper Amino Acid Chelate)   | 1 mg         | 111%  |
| <b>Ocular Proprietary Blend:</b>  | 1591 mg      | *     |
| L-Taurine, DMG (Dimethylglycine), Bilberry extract (fruit) ( <i>Vaccinium</i> spp), Eyebright extract (herb) ( <i>Euphrasia</i> spp), Quercetin Dihydrate, Grape Seed extract ( <i>Vitis</i> spp), Glutathione, Ginkgo extract (leaf), Alpha Lipoic Acid, Lutein Esters (with zeaxanthin) |              |       |

\* Daily Value not established.

**Other Ingredients:** vegetarian capsules (hypromellose, purified water), silicon dioxide

#### INGREDIENTS:

##### Mixed Carotenoids

Carotenoids are a highly colored (red, orange and yellow) group of fat-soluble plant pigments. The mixed carotenoids include beta-carotene, alpha-carotene, lutein, zeaxanthin and cryptoxanthin. Studies suggest mixed carotenoids offer increased support for conditions linked to oxidative or free radical effects (1).

##### Lutein Esters

Lutein is a carotenoid that is typically found in combination with its stereoisomer, zeaxanthin. Lutein and zeaxanthin are the two major carotenoid pigments in the human macula and retina (1). Epidemiological evidence has associated high dietary lutein intake with good eye health (2).

##### Bilberry

Bilberry is a close relative of the American blueberry that contains the bioflavonoid complex anthocyanosides, which is an extremely potent antioxidant.

##### Alpha-Lipoic Acid

Endogenous alpha-lipoic acid (ALA) is a coenzyme that, together with pyrophosphatase, is involved in carbohydrate metabolism and production of adenosine triphosphate (ATP). ALA contains antioxidant properties and supports healthy visual function (3).

##### Grape Seed Extract

Grape seeds are a source of unique flavonoids known as proanthocyanidins or oligomeric procyanidin complexes (OPCs). These compounds are relatives of the anthocyanidins in bilberry and support visual adaptation and performance. Grape seeds provide unique antioxidant properties and support vascular health (4).

**For best results, take with a full meal.**

Replaces all previous versions: 3.15.24

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.

## **Selenium**

L-Selenomethionine is a metallic substance attached to an organic molecule. Selenomethionine is the primary organic form that is incorporated directly into proteins, because RNA does not differentiate it from methionine. Selenium aids healthy cell function by supporting the body's natural defenses and scavenging harmful free radicals (5).

## **Zinc (Monomethionine)**

Zinc is a biologically essential trace element and is the second most abundant trace element in the body, averaging a total body content of about 2 grams. Taking zinc orally supports eye health in the process of aging (6).

## **Copper**

Copper is an essential trace mineral that activates a number of enzymes important to energy metabolism and other crucial physiological processes (7).

## **Glutathione**

Glutathione, which is a potent antioxidant, is used to address reactive oxygen species (ROS) (8).

## **Quercetin Dihydrate**

Quercetin is a dietary flavonoid found in many plants. The most common form of quercetin is rutin. Quercetin is an antioxidant, nitric oxide inhibitor, and tyrosine kinase inhibitor (9). Quercetin also supports healthy blood vessels and capillaries (10).

## **Vitamin C**

Vitamin C is a water-soluble vitamin best known for its effects as an antioxidant and its role in maintaining proper immune function. Vitamin C is also involved in a variety of metabolic processes including oxidation-reduction reactions and cellular respiration, carbohydrate metabolism, synthesis of lipids and proteins, catabolism of cholesterol to bile acids, conversion of folic acid to folinic acid, and iron metabolism (11).

## **DMG (Dimethylglycine)**

Dimethylglycine is the dimethylated form of the amino acid glycine. It has been used to support physical and environmental stress and oxygen utilization.

## **Ginkgo Biloba**

Ginkgo leaf, and its extracts, contains several active constituents including flavonoids, terpenoids, and organic acids. We use a powerful ginkgo extract that is standardized to contain 24% flavonoid glycosides and 6% terpenoids. Taking ginkgo leaf extract orally supports eye health and color vision (12) (13).

## **Eyebright**

Eyebright (*Euphrasia officinalis*) is high in iridoid glycosides flavonoids, and tannins (14). Eyebright has been used for healthy eye function.

## **Taurine**

Taurine is a conditionally essential amino sulfonic acid present in high amounts in meat and fish. Taurine is in high concentration in the eyes where it has multiple functions to maintain normal retinal structure and function and retinal photoreceptor activity (15).

## **Vitamin B3 (Inositol Hexanicotinate)**

Inositol Hexanicotinate consists of six molecules of niacin chemically linked to an inositol molecule. It is hydrolyzed in the body to free niacin and inositol, although this occurs slowly, with peak serum levels not occurring until about 10 hours after ingestion which reduces the incidence of the flushing associated with niacin. Taking niacin can support eye health; the nucleus of the lens is particularly sensitive to nutrient deficiencies (16).

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

[mountainpeaknutritionals.com](http://mountainpeaknutritionals.com)  
email us: [support@mntpeaknutrition.com](mailto:support@mntpeaknutrition.com)



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