

Celebration of Sight

AREDS2 Plus & First Line of Defence Information & Reference **GUIDE**

OcularEssentials: a safe, convenient and cost efficient formulation for essential eye nutrition plus multi-vitamins.

Features:

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- Full therapeutic dosage of Lutein/Zeaxanthin with one capsule per day.
- Optimal balance of zinc, copper and selenium.
- Daily source of Vitamin D.
- No stomach upset.
- Easy to swallow.



Bring the Celebration of Sight to your patients through an everlasting commitment to excellence.

A formidable protection package for adults

REFERENCE

Ocular Essentials: the ultimate choice for your patients.

TO ORDER

1.866.514.5279 604.510.0200 Fax: 604.510.0219

www.ocumeticshealth.com/orders.wholesale.html

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FACTS :

AREDS2-Plus is an elegant solution for people combating established ARMD. Catapulting from a valid AREDS2 platform, AREDS2-Plus also contains Selenium and Vitamin D3 to protect vulnerable tissue types from depletion of hormones, such as the thyroid hormone, **thyroxin** and essential enzymes, such as **glutathione peroxidase**.

It is a well established fact that glutathione peroxidase represents the most important antioxidant defence mechanism within the human body; so much so that the ratio of reduced glutathione to oxidized glutathione is used to measure the oxidative stress upon any living tissue. But this is only a part of the story. Both oxidized and reduced glutathione play critical roles in maintaining good health. Reduced glutathione reactivates antioxidants, such as vitamin C and vitamin E. Oxidized glutathione aids amino acid transport through cellular membranes, protein synthesis and cellular repair. Veritably, glutathione is the cornerstone of cellular protection, recovery and repair. None of this can happen without adequate amounts of Selenium. Zinc supplementation, without an adequate amount of Selenium, can pose a serious health risk for all age groups, especially people over 50 years.

Vitamin D is essential for cellular function for all cell types; retinal tissue being no exception. The recommended daily amount for Canadians over 50 years of age is approximately 1000 IU per day. People with darkly pigmented skin are at greater risk as melanin within the skin absorbs the UV light necessary to generate vitamin D.

Lutein/zeaxanthin are carotenoids that protect retinal tissue from UV damage. Their role in protecting the eye and skin from solar damage is undisputed; however, there is growing evidence that they also provide an important defence to bio-chemical oxidation within the brain; a significant factor in the progression of dementia.

The role of vitamin C is never to be underestimated, especially in the context of its interaction with glutathione. Vitamin C recycles multiple times throughout its lifespan, creating an intrinsic super antioxidant" with each conversion. Conversely, other purported "super antioxidants", such as polyphenols, create a one-time-only proposition. That being said, within this group, there are two isolates which appear to be potentially effective in protecting the retina and central nervous tissue without causing digestive distress. They are **resveratrol** and **quercetin**.

First-Line-of-Defence comprises black currant seed oil as a base which disperses the mixture of anti-oxidants to maximize their bio-availability. The 60 mg dosage of each resveratrol and quercetin is significant but well within safe limits

AREDS2-Plus and **First-Line-of Defence** used in conjunction with one another present a formidable protection package for adults of all ages.

