

VISION

Developed with Dr. Stuart Richer, O.D., Ph.D.*

Protocol Objective:

This protocol will help to assess your patients' vision in order to determine optimal supplementation for maintaining the health of the eyes. This assessment can be performed by all healthcare practitioners or in conjunction with an ocular physician.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support the macula and age-related vision	Screen for visual changes starting age 40 and every year Patients often report subtle partial vision loss (black spots), night driving issues, low-light reading issues (needing more light to see) Assess for all risk factors and family history of age-related vision loss, and attempt to minimize with lifestyle (e.g. smoking cessation), with lifestyle and nutritional modifications Refer high-risk patients to retina specialist	Ultra Preventive® Vision Formula: 202027	3 capsules daily
		Macu-Support Formula: 202023	4 capsules daily with food
Support the eyes after excess blue light exposure	Screen all adult patients for increased exposure to LED, computer screens, TV, smartphones that contain blue light Assess family history and risk factors for age-related vision loss	Ultra Preventive® Vision Formula: 202027 OR Lutein Formula: LUT	4 capsules daily with food 2-3 softgels daily with food
Support overall visual performance	Assess glare disability/recovery, contrast sensitivity, acuity/sharpness, visual comfort	Ultra Preventive® Vision Formula: 202027	4 capsules daily with food
		Eye Moisture Support Formula: 202026	2 softgels daily with food
Support eye moisture and eye fatigue	Patient reports dry, itchy, fatigued, burning, red eyes, especially late in the day Patient stares at computer screens for long periods, wears contact lenses, lives in dry climate, had LASIK/PRK or laser eye surgery	Eye Moisture Support Formula: 202026	2 softgels daily with food

*Dr. Richer is a retained advisor to Douglas Laboratories.

*Please note that patients may not require all supplements listed.

‡The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at: douglaslabs.com/protocols