

# VISION

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## 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.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<b>Support the macula and vision health</b>	<p>Screen for visual changes starting age 40 and every year</p> <p>Patients often report subtle, partial vision loss (black spots), night driving issues, low-light reading issues (needing more light to see)</p> <p>Assess for all risk factors and family history of age-related vision loss and attempt to minimize with lifestyle (e.g. smoking cessation) and nutritional modifications</p> <p>Refer high-risk patients to retina specialist</p>	<p><b>Macu-Support</b> Formula: 202726</p>	3 capsules daily
<b>Supports the light-screening mechanisms of the macular pigment</b>	<p>Screen all adult patients for increased exposure to LED computer screens, TV, smartphones that contain blue light</p> <p>Assess family history and risk factors for age-related vision loss</p>	<p><b>Lutein</b> Formula: LUT</p>	1 softgel, 2-3 times daily
<b>Support overall visual performance</b>	<p>Assess glare disability/recovery, contrast sensitivity, acuity/sharpness, visual comfort</p>	<p><b>QÜELL Fish Oil® EPA/DHA Plus D</b> Formula: 200981</p>	1 softgel daily
<b>Support eye moisture</b>	<p>Patient reports dry, itchy, fatigued, burning, red eyes, especially late in the day</p> <p>Patient stares at computer screens for long periods, wears contact lenses, lives in dry climate, had LASIK/PRK or laser eye surgery</p>	<p><b>QÜELL Fish Oil® EPA/DHA Plus D</b> Formula: 200981</p>	1 softgel daily

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

\*Dr. Richer was 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.