

# VISION HEALTH FORMULATIONS SELECTION GUIDE

[ Co-formulated by Dr. Stuart Richer<sup>†</sup>, D.C. ]<sup>†</sup>

Douglas Laboratories<sup>®</sup> has developed a suite of ocular formulas in conjunction with Dr. Stuart Richer<sup>†</sup>, one of the leading experts in eye health, to deliver the most up-to-date science in the field. The role of nutrients in supporting ocular health continues to develop as more information emerges. Our formulas are specifically designed to support age-related vision challenges as well as provide key nutrients and antioxidants to support retinal and macular health.<sup>‡</sup>

Features and benefits of the Vision Health Formulations include:

Vision Health Formulations**	Features	Vision Benefits <sup>‡</sup>	Dose Suggestions
<b>QÜELL Fish Oil<sup>®</sup> EPA/DHA Plus D</b> Formula: 200981	<ul style="list-style-type: none"> <li>• 1,250 mg of Omega-3 Supercritical CO<sub>2</sub> Triglyceride Concentrate</li> <li>• A 3:2 ratio of EPA to DHA</li> <li>• 25 mcg (1,000 IU) of Vitamin D3 per softgel</li> </ul>	<ul style="list-style-type: none"> <li>• Supports eye moisture</li> </ul>	1 softgel daily
<b>Macu-Support</b> Formula: 202726	<ul style="list-style-type: none"> <li>• Antioxidants</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Zinc</li> <li>• Lutein</li> <li>• Zeaxanthin</li> </ul>	<ul style="list-style-type: none"> <li>• Antioxidant support for healthy visual function</li> <li>• Promotes macular pigment integrity and density</li> </ul>	3 capsules daily
<b>Lutein</b> Formula: LUT	<ul style="list-style-type: none"> <li>• 6 mg Lutein per softgel</li> <li>• 300 mcg Zeaxanthin per softgel</li> </ul>	<ul style="list-style-type: none"> <li>• Supports the light-screening mechanisms of the macular pigment</li> <li>• Supports visual performance</li> </ul>	1 softgel, 2-3 times daily

Visit [douglaslabs.com/vision](https://douglaslabs.com/vision) for more products and information related to the Vision Health Formulations Selection Guide.

<sup>†</sup>Dr. Stuart Richer was a retained medical consultant for Douglas Laboratories.

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

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