

## Ultra Preventive® Vision Multivitamin/mineral formula

### DESCRIPTION

Ultra Preventive® Vision is a comprehensive multivitamin/mineral formula specially designed to support ocular health with specific phytonutrients and carotenoids. These nutrients help to contribute to a healthy macula, retina, and visual performance for all ages affected by excess blue-light exposure and free radical damage.

Included in this formula is a lutein to zeaxanthin ratio of 3:1, which has been shown in research to support the macula and healthy vision.† Additionally, nutrients such as vitamin C, alpha-lipoic acid, green tea, and resveratrol provide antioxidant activity to the eyes. Methylated B vitamins in the form of 5-MTHF, methylcobalamin, P-5-P and benfotiamine allow for maximum bioavailability of these nutrients.

### FUNCTIONS

More than any other tissue in the body, the ocular lens and retina are continually exposed to free radical damage and intense light radiation. Both light and oxygen can create free radicals that disturb membrane lipids of visual cells. Experts believe that the uncontrolled generation of free radicals in the eyes can ultimately lead to degeneration of the macula with vision loss or cataracts. Therefore, ocular tissue relies on a strong antioxidant defense system to protect them from free radical damage. Ultra Preventive Vision supplies powerful antioxidants in addition to essential basic vitamins and minerals for overall healthy aging.

Extracts of bilberry, grape seed, resveratrol, and green tea are rich sources of flavonoids that provide potent antioxidant defense in retinal visual cells and help maintain healthy vascularization in ocular tissue.† Glutathione and selenium are essential components for healthy activity of the antioxidant enzyme glutathione peroxidase which is abundant in healthy eyes. Glutathione peroxidase levels, however, decline with advancing age, and an adequate dietary supply of glutathione, its precursor N-acetyl-L-cysteine, and selenium may help maintain healthy levels of this important enzyme.† Carotenoids in Ultra Preventive Vision, such as lutein and zeaxanthin, are also important antioxidants in the macula of the eye as evidenced by recent studies performed by the NIH National Eye Institute. Research has shown that these important carotenoids are the predominant pigments found in the macula and occur naturally in serum at a ratio of 3:1 lutein to zeaxanthin.

Vitamin A functions in the retinal cells as a component of rhodopsin, a light-sensitive pigment that supports night vision. Cofactor minerals zinc and magnesium are found in high concentrations in the ocular tissue. Zinc is not only essential for normal visual signal transduction in the retina, but also is a cofactor for many of the enzymes involved in vitamin A dependent photo-transduction in the rod cells. Moreover, zinc is an essential cofactor of superoxide dismutase (SOD), an antioxidant enzyme that removes potentially dangerous superoxide radicals in the visual cells, the lens, and other tissues. Taurine, the most abundant free amino acid in ocular tissue, is thought to help stabilize neural membranes in retinal cells and modulate photoreceptor activity. A recent study showed a significant improvement in visual function after vitamin D supplementation, suggesting that vitamin D-3 supports the retina and age-related vision.†

Ultra Preventive Vision contains methylated B vitamins for increased bioavailability to the body, including benfotiamine, a fat-soluble form of thiamine. Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) is the naturally occurring, predominant form of folate commonly found in cells and is essential for retinal health and methylation support. Unlike synthetic folic acid, L-methylfolate can be used directly by the body, without the need for an additional conversion via the enzyme (5,10 methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier.

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**INDICATIONS**

Ultra Preventive Vision is indicated for individuals that desire the essential vitamins, minerals, and nutrients for maintaining healthy vision and ocular function.

**FORMULA (#202027-120X)**

Serving Size 4 Vegetarian Capsules

Vitamin A .....2,500 IU  
 (as retinyl palmitate)  
 Vitamin C (as ascorbic acid) ..... 500 mg  
 Vitamin D-3 (as cholecalciferol) 1,000 IU  
 Vitamin E .....200 IU  
 (as d-alpha tocopheryl succinate)  
 Thiamine (as thiamine HCl) ..... 5 mg  
 Riboflavin..... 10 mg  
 Niacinamide..... 50 mg  
 Vitamin B-6 ..... 10 mg  
 (as Pyridoxine HCl/  
 Pyridoxal-5-Phosphate complex)  
 Folate .....400 mcg  
 (as L-methylfolate, Metafolin®)  
 Vitamin B-12 .....100 mcg  
 (as methylcobalamin)  
 Biotin .....300 mcg  
 Pantothenic Acid..... 10 mg  
 (as calcium pantothenate)  
 Iodine (from kelp).....150 mcg  
 Magnesium.....100 mg  
 (as magnesium citrate)

Zinc (as monomethionine)... ..... .20 mg  
 Selenium (as amino acid chelate)..100 mcg  
 Chromium.....120 mcg  
 (as amino acid chelate)  
 Molybdenum.....75 mcg  
 (as amino acid chelate)  
 Potassium.....30 mg  
 (as Potassium aspartate)  
 L-Taurine .....150 mg  
 N-Acetyl L-Cysteine.....100 mg  
 Alpha-lipoic acid .....50 mg  
 Green tea leaf extract .....50 mg  
 (*Camellia sinensis*, standardized to 98%  
 polyphenols and 45% EGCG, decaffeinated)  
 Grape Seed Extract (*Vitis vinifera*).....25 mg  
 (standardized to 95% polyphenols)  
 Bilberry fruit Extract .....15 mg  
 (*Vaccinium myrtillus*)  
 Lutein (from Marigold flower).....12 mg  
 Resveratrol (as trans-resveratrol).....10 mg  
 Benfotiamine .....5 mg  
 Zeaxanthin.....4 mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

**SUGGESTED USE**

As a dietary supplement, adults take 4 capsules daily in divided doses with meals or as directed by your healthcare professional.

**SIDE EFFECTS**

No adverse effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

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**For more information on Ultra Preventive Vision, visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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