

Ocu-Omega™
Omega-3 Fatty Acids, Lutein and Zeaxanthin for Eye Health

DESCRIPTION

Ocu-Omega™, provided by Douglas Laboratories®, is a Caplique™ (liquid-filled, two-piece capsule sealed with a band) containing a novel, synergistic combination of lutein, zeaxanthin and omega-3 fatty acids from ultra-pure, molecularly distilled fish oil. This formula combines ingredients well regarded for ocular health in a fish (not bovine or porcine) gelatin capsule.

FUNCTIONS

Numerous studies indicate that omega-3 fatty acids, lutein and zeaxanthin may be especially important in preserving and maintaining healthy eyes, especially as we age. Lutein and zeaxanthin are nutritionally important carotenoids that occur in selected, often brightly colored vegetables, such as spinach, kale, and corn. A typical US diet contains 1–3 mg/day of lutein and zeaxanthin, but research recommends at least 10 mg/day. These specific carotenoids are efficient quenchers of free radicals in the body, and research has shown that they are the predominant pigments found in the macula. †

Additionally, lutein is especially concentrated in the rods, which are those visual cells of the retina that are responsible for black and white vision in the dark. Scientific evidence clearly suggests that lutein’s role in the retina is to protect the tissue from the damaging effects of high-energy blue spectrum light and oxygen to which the eyes are subjected more than any other tissue in the body. Both light and oxygen can create free radicals that can play havoc with the highly unsaturated lipids present in the membranes of the visual cells. The uncontrolled generation of free radicals in the eyes is believed to ultimately lead to suboptimal eye function.

The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E1 and E3, which help to support normal physiological processes in the body. † DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retinal and visual cortex. As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory loss, and visual and other neurological changes. †

INDICATIONS

Ocu-Omega may be a useful dietary supplement for those who wish to support optimal eye health.

FORMULA (#99817)

3 Capliques™ Provide:

Ultra-Pure Fish Oil Concentrate providing:

EPA	650 mg
DHA	350 mg
Total Omega-3 Fatty Acids	1,200 mg
Lutein (from FloraGlo Lutein)	10 mg
Zeaxanthin	2 mg

Other Ingredients: Gelatin (capsule, from fish), safflower oil.

SUGGESTED USE

As a dietary supplement, adults take 3 Capliques™ daily with meals, or as directed by a healthcare professional.

Ocu-Omega™**Omega-3 Fatty Acids, Lutein and Zeaxanthin for Eye Health****SIDE EFFECTS**

No adverse side 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 Ocu-Omega™ visit 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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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Your patients trust you.**