

# VISION | SUPPORT PROTOCOL<sup>†</sup>

[ Developed by Dr. Stuart Richer ]\*

## Protocol Objectives:

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

Clinical Objective	Assessment	Recommendations <sup>†</sup>	Dosing
<b>Support the macula and age-related vision<sup>†</sup></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 (i.e. smoking cessation), with lifestyle and nutritional modifications</p> <p>Refer high risk patients to retina specialist</p>	<p><b>Ultra Preventive Vision</b> as foundational multivitamin/mineral with additional ocular support</p> <p>And <b>Macu-Support</b></p> <p>And <b>Ocu-Omega</b></p>	<p>3 capsules daily</p> <p>4 capsules daily with food</p> <p>3 capsules daily with food</p>
<b>Support the eyes after excess blue light exposure<sup>†</sup></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>Ultra Preventive Vision</b> as foundational multivitamin/mineral with additional ocular support</p> <p>Or <b>Lutein</b> if patient already taking a Multivitamin/mineral</p>	<p>4 capsules daily with food</p> <p>2-3 softgels daily with food</p>
<b>Support overall visual performance<sup>†</sup></b>	<p>Assess glare disability/recovery, contrast sensitivity, acuity/sharpness, visual comfort</p>	<p><b>Ultra Preventive Vision</b></p> <p>And <b>Ocu-Omega</b></p>	<p>4 capsules daily with food</p> <p>3 capsules daily with food</p>
<b>Support eye moisture and eye fatigue<sup>†</sup></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>Eye Moisture Support</b></p>	<p>2 softgels daily with food</p>

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\*Dr. Stuart Richer, O.D., Ph.D. is a retained Clinical Advisor of Douglas Laboratories

<sup>†</sup>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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