

# EYE FORMULA

## SUPPORTS HEALTHY EYES\*



### POSITIONING STATEMENT

Eye Formula provides a complementary blend of nutrients to help protect eye health today and for years to come. Unlike many competitor products, this innovative formula contains lutein, zeaxanthin, and alpha-lipoic acid at clinically effective doses, as well as additional nutrients to support healthy eye function during the aging process.

### CONCEPT

More than any other tissues in the body, the lens and macula of the eye are continually subjected to free radical-producing factors, such as ultraviolet light. Due to this constant exposure, the eyes rely on a range of antioxidants to neutralize the damaging effects of free radicals.

As the only carotenoids found in both the macula and the lens, lutein and zeaxanthin work together to filter damaging high-energy blue light. In the macula, lutein and zeaxanthin specialize in protecting different areas—lutein protects the outer region, while zeaxanthin protects the central region associated with highly acute vision. These two nutrients have been found to not only protect lens clarity and macular integrity, but also to help reduce glare sensitivity from outdoor activities, artificial indoor lighting, and computers. Light sensitivity affects many younger adults and may be a precursor to lens clarity issues. Pharmanex provides lutein and zeaxanthin in the right combination and dose for clinically-relevant eye health benefits.

In addition, Pharmanex® Eye Formula provides the unique antioxidant, alpha-lipoic acid, which helps maintain antioxidant levels in the lens. Alpha-lipoic acid has been named “the most useful antioxidant” by anti-aging experts Bruce Ames and Lester Packer. It neutralizes many types of free radicals throughout the body and helps regenerate vitamins C and E and glutathione. Eye Formula also contains other key nutrients that are important for healthy eye

function, including vitamin C, zinc, and selenium for complete eye support.

### PRIMARY BENEFITS

- Supports eye health and normal eye function
- Contains clinically-supported levels of lutein and zeaxanthin for total protection of the macula
- May help reduce glare sensitivity
- Provides key nutrients important for eye health and function
- New and updated formula based on most recent scientific evidence and studies

### WHAT MAKES THIS PRODUCT UNIQUE?

- Clinically-supported levels of lutein and zeaxanthin in a synergistic combination
- The complimentary blend of lutein and zeaxanthin provides total protection of the macula—lutein protects the outer region while zeaxanthin protects the central region
- Provides alpha-lipoic acid for protection of the lens and optic nerve
- Unique combination of complementary nutrients for total eye health and protection
- Certified to improve Skin Carotenoid Scores

### WHO SHOULD USE THIS PRODUCT?

Eye Formula is formulated for adults desiring additional nutritional and antioxidant support for healthy eye function.\*

### DID YOU KNOW?

- The tiny region on the back of the eye associated with highly acute vision is called the macula lutea, which means yellow spot. The yellow appearance is imparted by high concentrations of lutein and zeaxanthin.
- A landmark study conducted by a premier eye study research group found that carotenoids and antioxidants help protect healthy eyes.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# EYE FORMULA

- 20% of Americans over the age of 85 have diminished visual function, while many people age 65+ experience some diminished function.

## FREQUENTLY ASKED QUESTIONS

### *Is Pharmanex® Eye Formula formulated using the latest research?*

A landmark clinical trial known as the AREDS study monitored the progress of individuals taking a supplement formulated to support eye health for an average of 6.3 years. Based on the results of the AREDS1 study, the National Eye Institute launched the AREDS2 in 2006 with modified nutrient amounts (results expected in 2013). Pharmanex scientists have closely followed developments from AREDS2 to determine nutrient amounts in Pharmanex Eye Formula. In accordance with AREDS2, a daily dose of Eye Formula now delivers the macular carotenoids, lutein and zeaxanthin, in clinically effective doses (10 mg and 2 mg respectively).

### *Is Eye Formula safe?*

Yes, Eye Formula is safe and well tolerated at the recommended dose. Eye Formula contains vitamins and minerals shown in clinical trials to support structures of the eye. In addition to vitamins and minerals, Eye Formula contains alpha-lipoic acid, an antioxidant that has been shown to support structures like the lens and optic nerve. The macular carotenoids, lutein and zeaxanthin, are also included. Each of Eye Formula's ingredients is common to the human diet.

### *Are there any complementary products that I can take with Eye Formula?*

Although Eye Formula contains nutrients in amounts sufficient for individuals interested only in eye support, either LifePak® Nano or Marine Omega are excellent companion products for those wanting additional benefits. LifePak Nano and Marine Omega both provide EPA and DHA—two forms of omega-3 fatty acids that have been studied for their benefits for eye health, especially in protecting the macula. In fact, DHA is present in higher concentrations in the retina than any other tissue in the body. In addition to the EPA and DHA, LifePak Nano also provides niacin and riboflavin, two B vitamins that help protect the lens of the eye.

### *Why is Eye Formula scanner certified?*

A daily dose of Pharmanex® Eye Formula contains 10 mg lutein, and 2 mg zeaxanthin. Together, these two carotenoids provide sufficient antioxidant support to guarantee that Eye Formula will increase scanner scores. Lutein and zeaxanthin play a critical role in protecting structures of the eye, but they are also among the carotenoids present in skin tissue. Although scanner scores are a measurement of carotenoid concentrations in the skin, to the degree that they are impacted by the presence of lutein and zeaxanthin in the skin, scanner scores may also be reflective of macular carotenoid status in the general healthy population. Further studies are needed to understand the relationship between concentrations of

macular carotenoids, and concentrations of these same carotenoids in other tissues.

## KEY SCIENTIFIC STUDIES

1. Mozaffarieh M, Sacu S, Wedrich A. The role of the carotenoids, lutein and zeaxanthin, in protecting against age-related macular degeneration: A review based on controversial evidence. *Nutr J* 2003;2:20.
2. Bone RA, Landrum JT, Guerra LH, Ruiz CA. Lutein and Zeaxanthin Dietary Supplements Raise Macular Pigment Density and Serum Concentrations of these Carotenoids in Humans. *J Nutr* 2003;133:992-8.
3. Bernstein PS, Ahmed F, Liu A, Allman S, Sheng X, Sharifzadeh M, Ermakov I, Gellermann W. Macular pigment imaging in AREDS2 participants: An ancillary study of AREDS2 subjects enrolled at the Moran Eye Center. *Invest Ophthalmol Vis Sci*. 2012 Aug 9.
4. Richer SP, Stiles W, Graham-Hoffman K, Levin M, Ruskin D, Wrobel J, Park DW, Thomas C. Randomized, double-blind, placebo-controlled study of zeaxanthin and visual function in patients with atrophic age-related macular degeneration. *Optometry*. 2011 Nov;82(11):667-680.e6.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin C (Ascorbic Acid) . . . . .	250 mg . . . . . 416%
Vitamin E (d-Alpha Tocopheryl Succinate) . . . . .	100 IU . . . . . 333%
Zinc (Zinc Gluconate) . . . . .	12.5 mg . . . . . 83%
Copper (Copper Gluconate) . . . . .	1 mg . . . . . 50%
Selenium (L-Selenomethionine) . . . . .	35 µg . . . . . 50%
Alpha-Lipoic Acid . . . . .	50 mg . . . . . *
Lutein (from Marigold Flower Extract) . . . . .	5 mg . . . . . *
Zeaxanthin (from Marigold Flower Extract) . . . . .	1 mg . . . . . *

\*Daily Values not established.

**OTHER INGREDIENTS:** Gelatin, Stearic Acid, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

## DIRECTIONS FOR USE

Take one (1) capsule two (2) times daily with food. Store in a cool, dry place. To calculate daily nutritional value, multiply nutritional listing times two (x2).

## WARNINGS

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use. Discontinue two weeks prior to surgery. Discontinue use and consult a physician if any adverse reactions occur.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

