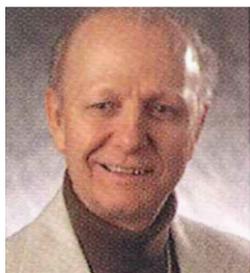


A Nutraceutical Approach to Eye Health

Here's how OptiVision Forte can help you provide the highest standard of care for your patient's chronic eye conditions.

By Garry D. Kappel, O.D., F.C.O.V.D. Portland, Ore.



In an effort to improve vision and visual function, I've worked with nutrition for 33 years, and I've found that there's no one "magic bullet"... in fact, quite to the contrary, we need a great many nutrients to maintain healthy eye tissues.

Unwholesome eating habits and compromised digestion, as well as less-than-ideal environmental conditions, make supplementation of these nutrients more important today than ever before.

Combating a national health crisis

The U.S. Census Bureau estimates that the number of Americans over age 65 will double by the year 2050, reaching approximately 80 million. Today, about one in four of those individuals who are over age 65 have evidence of macular degeneration, and a large percentage of those not showing signs of macular degeneration at 65 will show signs within five years.

Currently, 14 million citizens have macular degeneration. We have a national health crisis with potential blindness skyrocketing in the new millennium. I have designed a nutritional formulation — OptiVision Forte — and a simple treatment protocol (two easy-to-swallow, readily digested caplets taken with morning and evening meals) that ensures reliable compliance. My treatment plan, based on nutritional intervention combined with diet and exercise modification, has a high success rate not only in halting the progression of eye disease, but in improving vision while maintaining quality of life as well.

Why did I select these ingredients for OptiVision Forte?

The OptiVision Forte formula contains some of the most potent antioxidants, anthocyanidines and bioflavonoids including: vitamins A and E, the mineral selenium, and the enzymes superoxide dismutase (SOD) and catalase, as well as the amino acids glutathione, cysteine and arginine, and the carotenoids lutein, zeaxanthin and lycopene — more than 45 ingredients.

One of the most important functions of these nutrients is neutralizing free radicals, which may contribute to degenerative diseases such as cataracts, macular degeneration, dry eye, diabetic retinopathy and glaucoma. Some of the most important ingredients include:

Alpha lipoic acid (ALA). This vitamin-like substance, also known as thiotic acid, combats free radicals, protects genetic make-up, slows aging, helps protect against heart disease, cancer and cataract, while helping regulate blood sugar. Used to prevent and treat diabetic neuropathy, ALA not only protects the nervous system, but also may help in nerve regeneration. It's effective in chelating

excessive heavy metals such as cadmium, lead and mercury from the body. Lipoic acid helps to restore concentrations of glutathione, vitamin C, vitamin E, glutathione peroxidase and catalase. It's both fat and water-soluble, and it appears to be the missing link between vitamin E and vitamin C metabolism.

The B vitamins. Coenzyme B₁₂ (*dibenzozide*, not cyanocobalamin as in most formulas) is involved in both fat and carbohydrate metabolism, protein synthesis and as a reducing agent (reduced glutathione). Decreased B₁₂ and magnesium are often

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OptiVision Forte is a powerful delivery system supplying the body with synergistic nutrients, optimizing the overall health of the body — especially the vascular system — and promoting the efficient detoxification and antioxidant activity which are paramount to optimum visual health.
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found in patients with retinopathies. It's especially helpful with macular degeneration. The B vitamins -thiamine (B₁), riboflavin (B₂) and niacin (B₃) -have been shown to be essential in treating and preventing eye diseases. Pantothenic acid (B₅) is important for antibody formation, vitamin utilization and hormone production, and is known to be an important vitamin in combating stress. Pyridoxa/-5-phosphate (B₆, in the most active phosphate form) increases the absorption of amino acids, and is an important vitamin for proper nerve and brain function.

Dr. Kappel, a developmental optometrist, specializes in holistic care of patients with chronic eye disorders. He developed the OptiVision Forte for 11111/a for his patients. For more information 011 OptiVision Forte, call Similasan Corporation at (800) 426-1644.

Vitamin D₃. This vitamin has been used in conjunction with calcium to treat keratoconus; increased myopia may be a sign of D₃ deficiency.

Vitamin C. Vitamin C provides photobiological protection of the lens by preventing oxidation of the sulfhydryl groups; it's also necessary for the formation of collagen. High quantities of vitamin C are found in the crystalline lens and the aqueous fluid of the eye. Effective against mercury and cadmium metal toxicity, vitamin C is essential in treating macular degeneration due to its antioxidant effects in preventing drusen formation and for counteracting cataract formation.

Dunaliella Salina (D Salina). This sea algae is rich in natural mixed carotenoids including *alpha and beta carotene, cryptoxanthin, zeaxanthin* and *lutein*. Purified crystalline lutein and zeaxanthin beadlets derived from marigold flowers augment the D Salina. *Lycopene*, noted for its ability to curtail free-radical activity, is especially useful with dry eyes. Carotenoids

normally abundant in healthy eye tissue are essential in promoting the healing of retinal and particularly macular tissue.

Taurine (pteroylglutamic acid). Found in high concentrations in the retina and macula of healthy eyes, taurine is helpful in retinitis pigmentosa, depth-perception impairment and photosensitivity.

Folic acid. Folic acid is helpful in counteracting cataracts and reduced eye blood flow.

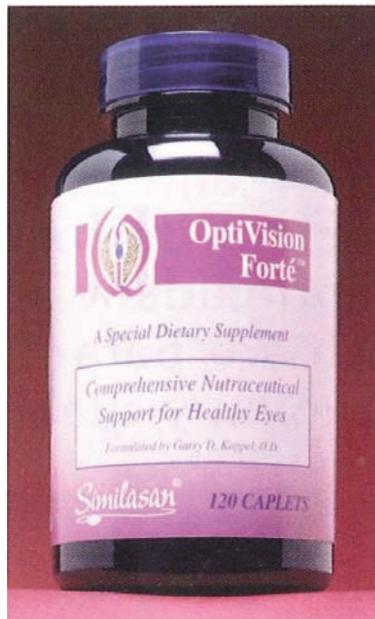
Minerals. Calcium, magnesium, zinc, selenium, manganese and chromium aid in the function of the extraocular muscles, and in improving the health and resilience of the sclera, choroid and retina. They are present in the form of *rice protein chelates* to ensure maximum absorption.

Biotin, inositol, bioflavonoids and coenzyme Q₁₀. Many ocular degenerative diseases are in large part vascular diseases. These nutrients have been shown to support the vascular system of the eye while maintaining clarity of the crystalline lens.

Raw eye concentrate. This component supplies a usable source of enzymes and complete eye constituents not easily found in any other source. Raw glandulars have been used for centuries to help heal the organ from which they come and to target nutrients to that organ.

A synergistic formula

OptiVision Forte was designed to be used in conjunction with necessary lifestyle changes to fulfill the needs of patients with ocular degenerative conditions. The nutrients in the formula work to ensure optimum absorption and maximum effectiveness. OptiVision Forte is the most comprehensive formula available promoting strong, healthy eyes.



Herbal Dynamics

The herbs **eyebright**, **bilberry**, **ginger**, **garlic**, **cayenne** and **ginkgo biloba** are included in the OptiVision Forte formula because of their beneficial activity on the vascular/circulatory and digestive systems.

Eyebright is useful in cases of dry, burning eyes and seems to have beneficial effects in cases of reduced tear quality. Due to its high content of **anthocyanidines**, it's a potent antioxidant and has a healing action on the crystalline lens, cornea and retina. Bilberry has been found to strengthen visual performance, reduce eyestrain, and aid in the ability to focus and adapt to the dark, thus enhancing night vision.

According to traditional Chinese medicine, the liver rules the eyes and eye conditions; therefore, visual abnormalities basically mirror the condition of the liver. Both eyebright and bilberry are considered to be beneficial to the eyes, while supportive of the liver.

Ginger has properties that help improve digestion and absorption, and reduce inflammation. Studies show beneficial effects in glaucoma when ginkgo biloba has been used. Ginkgo has very powerful effects on the vascular/circulatory system, as do garlic and cayenne.

- GARRY D. KAPPEL, O.D., F.C.O.V.D.