

VisionProtection



For the
Digital
Age

Healthy Eyes for Life!

Most of us take our eyesight for granted - until we notice it deteriorating. Although a lifetime of good vision and healthy eyes is partly determined by hereditary and environmental factors, scientists have confirmed that the greatest positive influence on our eye health is something we actually have absolute control over - our daily intake of specific dietary antioxidants, vitamins and minerals! Prairie Naturals has created two therapeutic blends of these well-researched nutritional factors within a base of organic, extra virgin olive oil for optimal absorption. These easy-to-take soft gel capsules are formulated to combat the primary causes of vision impairment. We named them Ocu-Force™ & Ocu-Blue.



OCU-FORCE

What is Ocu-Force™ & what does it do?

Prairie Naturals Ocu-Force™ is a new and revolutionary superantioxidant supplement that contains a balance of both fat soluble and water soluble antioxidants recognized for promoting healthy eyes and vision. Based upon current scientific evidence, the therapeutic ingredients in Ocu-Force™ have been shown to support normal eye function, reduce damage caused by free radicals, protect against oxidation of retinal tissues, restore metabolic balance disrupted by high blood sugar, improve night vision, increase circulation to and through eyes, soothe eye strain and strengthen eye tissue. What are the medicinal ingredients in Ocu-Force™ & what do they do? Ocu-Force™ is researched and formulated by a team of Canadian natural health experts. It contains a synergistic blend of 11 of the most therapeutic medicinal ingredients known for eye health today. Every ingredient is laboratory tested prior to production to ensure potency and purity. Prairie Naturals Ocu-Force™ provides:



BENFOTIAMINE - This unique, fat-soluble form of Vitamin B1 is five times more bioavailable than thiamine. With enhanced transport of its super-charged antioxidants through cell membranes benfotiamine is effective in reducing body tissue levels of harmful advanced glycation endproducts (AGE) known to promote many age-related conditions including retinal damage. Benfotiamine has shown powerful potential in the fight against diabetic retinopathy (a serious disease of the retina caused by diabetes that involves damage to the tiny blood vessels in the back of the eye) and age-related macular degeneration – the two major chronic eye diseases associated with vision loss.

ASTAXANTHIN - With 500 times the antioxidant capacity of Vitamin E, this fat-soluble antioxidant is considered the most powerful eye nutrient known! Derived from the green microalgae *Haematococcus pluvialis*, scientists have found that astaxanthin, a member of the carotenoid family, crosses the blood barrier of the brain and defends our eyes from every potential assault. Age-related macular degeneration, diabetic retinopathy, glaucoma, neuropathy, and inflammatory eye diseases all benefit from its cell-protective properties.

L-TAURINE - Taurine is a sulfur containing amino acid that functions as an antioxidant and can cross the blood-brain barrier. Taurine is found in high concentration in the retina and is an important neurochemical factor in the visual system. This powerful antioxidant nourishes the rods and cones of the eye that serve as visual receptor cells. It has also been found to improve diabetic retinopathy. Conversely, taurine deficiency is known to cause retinal lesions, visual deterioration and macular degeneration. Since the only sources of taurine in the daily diet are of animal source, people on vegan diets are especially susceptible to taurine deficiency.

NATURAL BETA CAROTENE - Natural-source beta carotene synergistically enhances the protective and restorative effects of astaxanthin and lutein, the two other carotene family members in Ocu-Force™. Eye health researchers concluded that people with adequate levels of natural beta carotene along with other carotenoids are far less likely to have vision deterioration.

VITAMIN E MIXED TOCOPHEROL - This full-spectrum Vitamin E with significantly higher levels of gamma tocopherol is uniquely effective at trapping and neutralizing free radicals. By creating this antioxidant and anti-inflammatory effect, it is recognized as the most effective form of vitamin E for protecting our eyes.

BLACK CURRANT EXTRACT - A potent source of anthocyanins and polyphenols (flavonoids), black currant (*Ribes nigrum*) extract possesses antioxidant and anti-inflammatory properties. Anthocyanins from black currant are critical for overall good vision because they provide multiple nutritional benefits for ocular tissues and transport other antioxidants to eye tissue. Recent human studies show that it works to prevent and improve glaucoma.

LUTEIN - From the Latin word "luteus" which means "yellow", lutein is a naturally occurring pigment in the carotenoid family. This fat-soluble antioxidant pigment deposits in the retina and macula to protect eye cells from oxidative damage (especially from ultra violet light). Published human studies show that supplementation with lutein boosts visual function in patients with age-related macular degeneration (AMD). Lutein has also been shown to reduce the incidence of cataract formation.

L-SELENOMETHIONINE - This organic form of selenium is a safe, stable and easily absorbed form that is especially suited to promoting eye health. Selenium and vitamin E act synergistically to create a dynamic antioxidant effect that protects the cells of the eyes from free radical damage, decreasing the risk of macular degeneration, cataracts, and glaucoma. Due to the chronic lack of selenium in our foods, supplementation of this essential trace mineral is a wise practice for the prevention of vision loss.

ZINC (ZINC METHIONINE) - With its superior bioavailability, antioxidant and immune-enhancing properties, zinc methionine is the ideal form of zinc for eye health. Zinc supplementation is included in the Age-Related Eye Disease Study Research Group's (AREDS) report as being beneficial for people with age-related macular degeneration and vision loss. High concentrations of zinc are found in the choroid layer of the eye which provides oxygen and nourishment to the outer layers of the retina.

PHYTOBERRY BLEND - This blend of blueberry, blackberry and bilberry extracts are naturally rich in anthocyanosides - potent flavonoid phytonutrients that are beneficial to overall eye health and vision improvement, especially night vision. These three deep blue-coloured berries support healthy eye function through their antioxidant, anti-inflammatory and collagenstabilizing properties. They also strengthen the eyes' blood vessels and improve circulation to the eyes.

COPPER CITRATE - As an essential trace element, copper plays an important role in controlling oxidative stress and supporting the immune system to fight infections and repair damaged tissue. In the citrate form, copper is well-assimilated and balances the antioxidant activities of selenium and zinc.

OCU-FORCE™ is gluten-free and does not contain soy, dairy, egg, corn, artificial colours, sweeteners or preservatives.

Medicinal Ingredients: Each softgel contains:

Beta-Carotene (natural) (2500 IU).....	5000 mcg
Vitamin B1 (thiamine) (benfotiamine).....	5 mg
Zinc (zinc methionine).....	5 mg
Copper (copper citrate).....	500 mcg
Selenium (L-+)-Selenomethionine).....	50 mcg
Lutein (<i>Tagetes erecta</i> L. (<i>Asteraceae</i>)).....	5 mg
Astaxanthin (<i>Haematococcus pluvialis</i> – whole microalgae).....	1 mg
Dark Berry 4:1 Extract Blend.....	50 mg
(Bilberry fruit - <i>Vaccinium myrtillus</i> 25 mg, Blackberry fruit - <i>Rubus plicatus</i> 12.5 mg, Blueberry fruit - <i>Vaccinium corymbosum</i> 12.5 mg)	
Black Currant Fruit 200:1 Extract (<i>Ribes nigrum</i>) (10% cyanidin-3-glucoside C3G).....	50 mg
Non-GMO Vitamin E Mixed Tocopherol Concentrate (75 IU).....	50 mg
(41 IU gamma-tocopherol, 22 IU delta-tocopherol, 11 IU alpha-tocopherol, 1 IU beta-tocopherol)	
Taurine (L-Taurine).....	200 mg

OCU-BLUE

What is Prairie Naturals Ocu-Blue?

Prairie Naturals Ocu-Blue is a synergistic blend of three super potent, natural source carotenoid antioxidants - Lutein, Zeaxanthin & Astaxanthin. These specific fat-soluble antioxidants provide the phytochemical support our bodies need to slow and ideally prevent age-related disease and deterioration. As we age, our need for these protective antioxidants increases in order to protect our eyes, skin, brain and even our hearts from the cumulative cellular damage caused by free radicals.

What are the Ingredients in Prairie Naturals Ocu-Blue? Formulated in a base of organic, extra virgin olive oil to enhance absorption, this powerful blend of fat-soluble super antioxidants includes: Astaxanthin (AstaReal™) - Derived from the marine microalgae *Haematococcus pluvialis*, scientists have found that astaxanthin, a red-hued member of the carotenoid family, crosses the blood barrier of the brain and defends our cells from every potential assault. Our eyes benefit greatly from its versatile and all-encompassing antioxidant properties. Age-related macular degeneration, diabetic retinopathy, glaucoma, neuropathy, and inflammatory eye diseases all benefit from its cell-protective powers. With more than 500 times the antioxidant capacity of Vitamin E, this fat-soluble antioxidant is considered the most powerful eye nutrient known! Its natural red colour comes from xanthophylls, a carotenoid pigment that colours salmon, crab, krill and lobster with their distinctive vivid red hues.

LUTEIN & ZEAXANTHIN - From the Latin word "luteus" which means "yellow", lutein and its sister nutrient, zeaxanthin, are naturally occurring pigments in the carotenoid family. While every part of our body benefits from the intake of these two fat-soluble antioxidants, our eyes probably benefit the most from lutein and zeaxanthin. Their pigments (derived from marigold flowers) literally deposit in the retina and macula to protect eye cells from oxidative damage (especially from ultra violet light). Published human studies show that supplementation with lutein and zeaxanthin boosts visual function in patients with age-related macular degeneration (AMD). Lutein and zeaxanthin also reduce the incidence of cataract formation.

It's truly amazing to consider that a tiny micro alga (astaxanthin) working in concert with marigold flowers (lutein and zeaxanthin) provides the most powerful phytochemical antioxidant trio ever discovered! And this botanical trio is not only beneficial for the eyes but for the whole body, too. Mother Nature continues to impress!

OCU-BLUE is gluten-free and does not contain soy, dairy, egg, corn, artificial colours, sweeteners or preservatives.

Medicinal Ingredients: Each softgel contains:

Lutein (<i>Tagetes erecta</i> L. (Asteraceae))	10 mg
Zeaxanthin (<i>Tagetes erecta</i> L. (Asteraceae)).....	2 mg
Astaxanthin (<i>haematococcus pluvialis</i> - whole).....	4 mg

Prevent Longterm
Vision Loss

Reduce Risk of
Developing Cataracts



Prevent Blue Light
Damage

Prevent Macular
Degeneration

Available in: Ocu-Force 60 / 120 Softgels Ocu-Blue 60 / 120 Softgels
For optimal freshness, refrigerate after opening