

**Suggested Use:** Take a total of four softgels daily, with meals.

**Note:** Contains Ginkgo biloba, which may affect platelet aggregation. If you are taking anticoagulant or antiplatelet medication, ask your physician. Pregnant or lactating women or individuals with medical conditions should consult their physician before using. Keep out of the reach of children.

<b>Supplement Facts</b>		
<b>Serving Size: 4 Softgels</b>	<b>Servings Per Container: 30</b>	
	<b>Amount per Serving</b>	<b>% Daily Value</b>
Calories	15	
Total Fat	1 g	1%
Vitamin C (ascorbic acid)	250 mg	278%
Vitamin E (from d-alpha tocopherol, mixed tocopherols)	20 mg	133%
Niacin (from niacinamide)	200 mg NE	1,250%
Vitamin B6 (from pyridoxal 5-phosphate)	6.8 mg	400%
Folate (50% from folic acid, 50% from calcium folinate)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Magnesium (from magnesium oxide, aspartate)	120 mg	29%
Taurine	250 mg	†
Alpha Lipoic Acid	200 mg	†
Ginkgo Leaf Extract (24% ginkgolflavone glycosides)	120 mg	†
Omega-3 Fatty Acids (100 mg DHA, 20 mg EPA, from fish oil)	120 mg	†
Bilberry Fruit Extract (25% anthocyanins)	115 mg	†
Coenzyme Q10 (CoQ10)	60 mg	†
Grape Seed Extract (95% proanthocyanidins)	50 mg	†
Quercetin (as quercetin dihydrate)	50 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Flax Seed Oil\*\*, Bovine Gelatin, Glycerin, Sunflower Lecithin, Beeswax, Water, Calcium Carbonate, Lemon Oil, Zinc Oxide, Rice Starch, Gum Acacia, Maltodextrin and Caramel Color (4-MEI free, from organic sugarcane).

\*\*Provides 460 mg of additional omega-3 fatty acids from flax seed oil.



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.

## OPTICNERVE FORMULA

- Clinically tested formula (*Acta Ophthalmologica*, 2018) offers targeted support for optic nerve health.
- Targeted support for optic nerve health in four softgels daily
- Delivers eye-healthy omega-3 fatty acids, key antioxidants, and other nutrients to promote normal blood flow and vascular function
- **New!** Now with niacinamide!
- Formulated by doctors and nutritional scientists
- Manufactured in NSF®-certified facilities from the finest quality, bioavailable ingredients
- 30 day money-back guarantee

OpticNerve Formula is available from eyecare practitioners or directly from ScienceBased Health.



# POWERFUL SUPPORT FOR OPTIC NERVE HEALTH

DOCTOR RECOMMENDED



## OPTICNERVE FORMULA® SOFTGELS

CLINICALLY TESTED

Advanced formula to support normal ocular blood flow & optic nerve health

SCIENCEBASED HEALTH®

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## What Is the Optic Nerve?

The optic nerve is a bundle of nerve fibers that connect the light-sensing retina at the back of the eye with the brain. Also called "nerve of sight", the optic nerve is the essential link between the eye and the brain that makes vision possible.

## Damage to the Optic Nerve

The health of the optic nerve can be compromised in some eye diseases, such as in ischemic conditions, where blood supply to the nerve is interrupted. This interruption can lead to cell damage or death. In many glaucoma cases, optic nerve damage is caused largely by increased pressure from fluid build-up in the eye. However, damage can also occur without elevated intraocular pressure (IOP). Most clinicians now consider glaucoma to be a neurodegenerative disease – caused by loss and damage of nerve cells – rather than a disease of elevated IOP alone.

Although it is not known exactly how the optic nerve is damaged in glaucoma, oxidative stress and poor blood flow to the retina and optic nerve play a role. For example, oxidative damage to the eye's fluid drainage system has been shown to correlate with higher IOP and visual field loss. Emerging research also highlights the importance of bolstering mitochondria – the cell's energy producing centers.

## Supporting Optic Nerve Health

Some chronic conditions have been linked to increased risk of glaucoma or its progression, such as obesity, diabetes, cardiovascular disease, chronic migraines, and thyroid disease. Many of these conditions can be improved with the right medications, a healthy diet, exercise, and smoking cessation. Regular physical activity helps reduce stress, aids weight loss, and modestly lowers eye pressure.\* Increasingly, research has shown that specific nutrients influence eye health, including the optic nerve.

## OpticNerve Formula® – Powerful Support

OpticNerve Formula's clinically tested formula is designed to support normal vascular and nerve function, promote ocular blood flow, and increase protective antioxidant intake. The formula features Ginkgo biloba, and flavonoids from bilberry and grape seed extracts to enhance ocular blood flow; key antioxidants including vitamins C, E, B3 (niacinamide), alpha lipoic acid and coenzyme Q10 to boost the eye's anti-oxidative defenses; eye-healthy omega-3 fatty acids (DHA, EPA); and magnesium, additional B vitamins, taurine, and bioflavonoids to help keep blood vessels toned and healthy.

*\* Only your eye doctor can assess the effects of exercise on your eye pressure. Exercise may not be appropriate for those with some forms of glaucoma.*

References available at [www.SBH.com/ONFref](http://www.SBH.com/ONFref).

## Glaucoma Quiz

To determine your risk of glaucoma, choose only one score in each of the three categories below and add them together for your total risk.

### 1. Family History (choose one)

(Immediate, blood-related family members only)

Grandparent, parent, or child has glaucoma	2
Brother or sister has glaucoma	4
Parent and brother or sister have glaucoma	4
No known glaucoma in my family	0

### 2. Race / Ethnicity (choose one)

White / Caucasian	0
Hispanic	1
Black / African American	3

### 3. Age (choose one)

Less than 40 years old	0
40 - 49 years old	1
50 - 59 years old	2
60 or older	3

### Add total from each category

If your risk factor equals 4 or more, you are at increased risk for glaucoma and should get an eye exam. However, everyone over age 60 should have an eye exam yearly.

Source: adapted from the Glaucoma Research Foundation

## ORDERING OPTICNERVE FORMULA



OpticNerve Formula and other ScienceBased Health products are available for purchase through eye care practitioners, by calling CustomerCare or by visiting our website.

**1.888.433.4726**  
**SBH.com/ONF**