

# Multinutrient Product Comparisons

	OcularProtect® (ScienceBased Health)	OcularEssentials® (ScienceBased Health)	Centrum® Silver (Whitehall Robbins)	Ocuvite® Lutein (Bausch & Lomb)
	4 capsules per day 120 capsules	2 capsules per day 60 capsules	1 tablet per day 80 tablets	1 capsule per day 120 tablets
<b>Antioxidants, Flavonoids &amp; Cell-Protecting Nutrients*:</b>				
Taurine	200 mg	150 mg	-	-
Lemon Bioflavonoids	175 mg	-	-	-
Green Tea Extract	50 mg	-	-	-
Quercetin	50 mg	50 mg	-	-
Ginkgo Leaf Extract	40 mg	-	-	-
Grape Seed Extract	30 mg	-	-	-
Turmeric	25 mg	-	-	-
Alpha Lipoic Acid	20 mg	-	-	-
OptiBerry® Mixed Berry Blend	20 mg	-	-	-
Bilberry Fruit Extract	15 mg	30 mg	-	-
Pomegranate Fruit Extract	15 mg	-	-	-
Lutein	10 mg	6 mg	250 mcg	2 mg
Zeaxanthin	2 mg	300 mcg	-	-
Trans-Resveratrol	2.5 mg	1.25 mg	-	-
Lycopene	2 mg	600 mcg	300 mcg	-
<b>Vitamins:</b>				
Vitamin A (Retinyl Palmitate)	600 mcg <sub>RAE</sub>	300 mcg <sub>RAE</sub>	450 mcg <sub>RAE</sub>	-
Vitamin A (from Beta-Carotene)	675 mcg <sub>RAE</sub>	450 mcg <sub>RAE</sub>	300 mcg <sub>RAE</sub>	300 mcg <sub>RAE</sub>
Vit A (from Mixed Carotenoids)	280 mcg <sub>RAE</sub>	140 mcg <sub>RAE</sub>	-	-
Vitamin C	400 mg	400 mg	60 mg	200 mg
Vitamin D	22.5 mcg	20 mcg	25 mcg	-
Vitamin E	147 mcg	74 mcg	22.5 mg	27 mg
Vitamin K	-	-	30 mcg	-
<b>B Vitamins:</b>				
Thiamin	9 mg	4.5 mg	1.5 mg	-
Riboflavin	10 mg	5 mg	1.7 mg	-
Niacin	20 mg <sub>NE</sub>	20 mg <sub>NE</sub>	20 mg <sub>NE</sub>	-
Pantothenic Acid	25 mg	25 mg	10 mg	-
Vitamin B6	20 mg	10 mg	3 mg	-
Folate	667 mcg <sub>DFE</sub>	667 mcg <sub>DFE</sub>	667 mcg <sub>DFE</sub>	-
Vitamin B12	100 mcg	30 mcg	25 mcg	-
Biotin	200 mcg	150 mcg	30 mcg	-
<b>Minerals:</b>				
Calcium	100 mg	100 mg	220 mg	-
Magnesium	100 mg	150 mg	50 mg	-
Selenium	100 mcg	100 mcg	19 mcg	55 mcg
Chromium	200 mcg	200 mcg	50 mcg	-
Boron	2 mg	1 mg	-	-
Zinc	25 mg	25 mg	11 mg	40 mg
Copper	2.5 mg	2 mg	.5 mg	2 mg
Vanadium	20 mcg	15 mcg	-	-
Iodine	150 mcg	-	150 mcg	-
Manganese	5 mg	2.5 mg	2.3 mg	-
Molybdenum	75 mcg	75 mcg	45 mcg	-
<b>Cost</b>	<b>\$34.36-\$42.95**</b> <i>Free Shipping</i>	<b>\$21.56-\$26.95**</b> <i>Free Shipping</i>	\$9.99	\$17.79

## The Importance of Antioxidants

**Lutein and Zeaxanthin** – These two carotenoids make up the macular pigment in the retina and help protect against damaging blue light. Recent studies suggest supplemental lutein and zeaxanthin support measures of functional vision in those with early AMD, including retinal sensitivity and contrast sensitivity – especially important in light conditions when contrast is reduced. Some studies also link higher intake with lower risk of developing early AMD in those at high genetic risk. SBH multinutrient products provide 6-10 mg per day, adding significantly to the average dietary intake of just 1-2 mg daily.

**Lycopene** – This red-yellow carotenoid from tomatoes contributes to the benefits of diets rich in fruits & vegetables. It may play a role in prostate health, and higher blood levels of lycopene are also linked to cardio-protection.

**Alpha Lipoic Acid** – This fat and water-soluble antioxidant can scavenge free radicals and help recharge other antioxidants, like glutathione and vitamin C. It is an important antioxidant in nerve tissue, and experimental evidence suggests it may help protect the retina against oxidative stress.

**Flavonoids (Bilberry, Lemon, Grape Seed, Ginkgo Biloba & Quercetin)** – Acting as antioxidants, flavonoids support circulation by protecting vessel walls from free radical damage. Evidence supports their role in the prevention of age-related conditions associated with oxidative stress and they are believed to contribute to the benefits of a diet rich in fruits and vegetables.

**Green Tea Extract** – With over 125 published papers, green tea has been found to work with vitamin C to decrease formation of compounds that cause abnormal cellular changes. OcularProtect delivers the polyphenols found in 1 cup of green tea – their absorption and antioxidant activity in blood is enhanced when taken in capsules vs. drinking the beverage.

**Pomegranate Extract** – Pomegranate extracts are shown to exhibit antioxidant properties and their components also have anti-inflammatory properties. The antioxidant activity of pomegranate juice can be as much as three times higher than red wine or green tea. Preliminary clinical data indicate blood pressure lowering effects and arterial health benefits.

**Trans-Resveratrol** – This important component of red wine is believed to contribute to wine's heart healthy effects. It is a potent antioxidant with potential anti-inflammatory properties that has been referenced in over 2,000 research citations, including studies at Harvard and The National Cancer Institute. It is also currently being studied as a possible anti-aging agent.

**OptiBerry® Mixed Berry Blend** – This unique blend of blueberry, strawberry, cranberry, bilberry, elderberry and raspberry seed scored highest among many berry combinations tested for antioxidant capacity and ability to thwart unwanted growth of blood vessels.

**Vitamin C** – This major water-soluble antioxidant, concentrated in the ocular tissues, plays a key role in protecting macular health. Research also shows that long-term intake of supplemental vitamin C, at levels of 240-360 mg per day, can significantly decrease the odds of developing age-related clouding of the central portion of the eye's lens.

**Vitamin E** – Research links higher intakes or blood levels of this fat-soluble vitamin with greater odds of prolonging lens health with advancing age, yet most US diets fall short of recommended levels. Vitamin E plays a vital role in cell membrane repair – especially in muscle cells damaged by everyday use. SBH uses natural source vitamin E from mixed tocopherols.

\*Not all nutrients shown. \*\*SBH offers package discount plans. Range includes product cost with maximum discount through MSRP.

