



Information

Preserve Vision with Ocufofin® prevent

Targeted support for the eyes with micro-nutrients

What are the risk factors for developing chronic eye diseases?

Smoking | Age | High blood pressure | Unbalanced diet and overweight/obesity | Elevated level of homocysteine | Exposure to strong sunlight | Family history | Eye-colour: blue eyes | Gender: female | Hyperglycemia | Diabetes | Cholesterol values

How can you lower the risk?

Extensive long-term studies with thousands of patients in the USA (ARED Studies 1&2) evidenced the positive effect of minerals such as zinc and copper, vitamins C and E as well as Lutein and Zeaxanthin. Additionally, the benefits of B vitamins (B1, B2, B6, B12) and Vitamin D were also established in large-scale studies. An increased need for micronutrients can occur due to changes in metabolism caused by ageing, smoking, diabetes, obesity or high blood pressure. Ageing, in particular, impacts the metabolic process, with changes in the provision of micronutrients via the blood supply and the removal of dead cells especially affected. This change in equilibrium can lead to metabolic disorders which can, in turn, impair eyesight.

Ocufolin[®] prevent is a dietary supplement developed and successfully recommended by ophthalmologists for several years. **Ocufolin[®] prevent** is currently the only ocular dietary

supplement containing L-Methylfolate calcium, in addition to the ingredients tested in the Age-Related Eye Disease Studies (ARED). L-Methylfolate is the active, bioavailable form of folic acid which helps to cover the higher requirement for B-vitamins to maintain levels of homocysteine within the normal range. This new supplement provides the retina with active folate to manage deficiencies resulting from genetic or dietary causes. **Ocufofin® prevent** delivers these particular nutrients to eliminate the deficiency.

Composition of **Ocufofin® prevent**

List of ingredients	per Capsule	% of NRV*	per 100 g
Vitamin C	40 mg	50%	4.37 g
Vitamin B1	0.55 mg	50%	0.06 g
Vitamin B2	4.2 mg	300%	0.46 g
Vitamin B6	2.1 mg	150%	0.23 g
Vitamin B12	9 µg	360%	0.001 g
Vitamin B5	3 mg	50%	0.33 g
Vitamin E	3 mg	25%	0.33 g
Vitamin D3	20 µg	400%	0.002 g
Lutein	10 mg	n.d.*	1.09 g
Zeaxanthin	2 mg	n.d.*	0.22 g
N-acetyl-L-cysteine	100 mg	n.d.*	10.93 g
Selenium	20 µg	36%	0.002 g
Zinc	5 mg	50%	0.55 g
Copper	300 µg	30%	0.033 g
Calcium L-methyl folate	600 µg	266%	0.07 g

*NRV = Nutrient Reference Value / *n.d. = not defined

Ocufolin[®] prevent

Recommended dosage

Take one capsule per day with water or juice. Ocufolin[®] prevent is recommended to ensure important micronutrients are supplied to maintain healthy eyesight. This dietary supplement contains zinc and riboflavin which help to retain healthy vision. L-Methylfolate, vitamin B6 and vitamin B12 are particularly effective in supporting normal homocysteine metabolism in the eye. Key ingredients such as riboflavin, vitamin C, vitamin E, selenium, zinc and copper help to protect cells in the eye from the damaging impact of oxidative stress.

Side-effects

No known side-effects; suitable for diabetics.

Pregnancy and breast-feeding

Do not take during pregnancy and whilst breast-feeding as no controlled studies in pregnant and breast-feeding women are available.

Format

90-capsule blister pack.

Further information is available on the following websites:

www.nhs.uk/Conditions/Macular-degeneration

www.amd.org/what-is-macular-degeneration

www.aao.org/eye-health/diseases



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