

# New Eye Supplement Gives Hope to Those at Risk for Vision Loss

by Timothy L. Schneider, M.D.

The science of nutritional supplementation is advancing rapidly. What was state-of-the-art just two or three years ago is now considered "old science", and is being eclipsed by new clinical studies demonstrating positive effects of nutritional supplements in support of memory and neurological health, cardiovascular health, and ocular health.

The old paradigm of tertiary illness care is shifting to a primary prevention/wellness-support paradigm. AmeriSciences' new Ocular Support Solution, (OS<sup>2</sup>), is my choice for my patients. After researching the literature, and studying other companies' products, I chose the company which has been dedicated, for almost a decade, to setting a new standard for high quality nutritional supplements: AmeriSciences.

At the heart of AmeriSciences' OS<sup>2</sup> are the carotenoids (Lutein, zeaxanthin, and astaxanthin), omega-3 fatty acids, alpha lipoic acid, Vitamin D, and zinc. Carotenoids are potent antioxidants which protect our cells from damaging free radicals in our bodies. These are particularly important when our eyes are exposed to sunlight and other sources of oxidative stress. The etiology of certain ophthalmic concerns including age-related visual decline, dry eyes, and other structural or functional problems appears to be multifaceted, but inflammation likely plays a major role. Omega-3 fatty acids are major inhibitors of inflammation. Omega-3's are natural modulators of inflammatory activity via their interaction with eicosanoids—locally acting hormone-like lipids—in the control of inflammatory and immune responses. The quality of omega-3 supplementation is the crucial factor in its absorption and effectiveness. AmeriSciences' OS<sup>2</sup> contains one of the richest forms of this valuable oil which has been molecularly distilled to ensure the highest purity and potency.



AmeriSciences OS<sup>2</sup> also features alpha lipoic acid, which is another strong antioxidant. Alpha lipoic acid works uniquely in both water and fat, while Vitamins E and C work only in fat and water, respectively. Alpha lipoic acid's versatile and strong antioxidant properties also have the potential of benefiting the carotenoids synergistically, as it has been shown to help regenerate other antioxidant that have been 'used up'. Most research on alpha lipoic acid has centered on its potential ability to help preserve vision and retinal structure in patients with diabetes. Vitamin D deficiency has been linked to many diseases including cardiovascular disease, Alzheimer's, diabetes, and possibly macular degeneration. Zinc deficiency has been linked to certain types of macular degeneration as well. AmeriSciences' OS<sup>2</sup> is thus a perfect complement of Vitamins, antioxidants and omega-3 fatty acids for complete support of eye health.

For over eighteen years, since the release of the landmark Age-Related Eye Disease Study (AREDS), nutritional supplementation has been a part of the accepted science supporting eye health. And now, eighteen years later, the science has progressed so that using supplements is much more than just "a good idea". Using supplements for eye health should be Standard Of Care for patients with, or at risk of, diabetes and age-related ocular issues.

The benefits of preserving vision are many: maintaining independence, savings in health care and personal costs, and easing the burden on family caregivers are positive beyond measure. Thus, for my family, and my patients, AmeriSciences' OS<sup>2</sup> is truly The Ocular Support System.



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Medical Director, Schneider Eye Center

## Physician Recommended

"AmeriSciences OS<sup>2</sup> has a definite competitive advantage. AmeriSciences OS<sup>2</sup> provides not only the basics of AREDS science, but also relevant, more up to date science, along with the high standards, quality and bioavailability that are superior to anything else in the market... the inclusion of Alpha Lipoic Acid plays a crucial role in energy-production and improved blood flow in the eye."



**Robert D. Sacks, MD**

Chairman of Ophthalmology, Olympia Medical Center;  
Member of the American Academy of Ophthalmology,  
the California Medical Association, and the Los Angeles  
Society of Ophthalmology

"AmeriSciences Ocular Support Solution, as its name suggests, is the ideal answer to patients wanting to supplement their nutrition with an emphasis on comprehensive ocular health. I think AmeriSciences OS<sup>2</sup> is very compatible with anyone already taking a multivitamin and it is the perfect addition to the AmeriSciences' product line which includes only the most scientifically sound and safe products in the world."



**Thomas D. LoBue, MD**

Diplomate of the American Board of Ophthalmology  
Member of the American Academy of Ophthalmology and  
the American Society of Cataract and Refractive Surgery  
Former faculty member of Rush University and Medical College

"AmeriSciences OS<sup>2</sup> is the most comprehensive ocular nutrition formula in the marketplace, incorporating science that will benefit patients not just at risk for age-related macular health, but occasional dry eye, reduced visual acuity, and all those concerned about their long-term vision, making it a truly unique product."



**Brad Greider, MD, FACS, FAO**

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Member of the California Academy of Eye Physicians and Surgeons

## Ingredient to know: LUTEIN

Lutein is a nutrient found in certain fruits and vegetables as well as egg yolks. Lutein is closely related to vitamin A and has shown to have a number of potentially beneficial effects because of its antioxidant properties. In humans, lutein makes up the pigment in the center of the retina where vision sensitivity is greatest. Research suggests that lutein may play an important role in maintaining healthy vision by neutralizing free radicals and increasing the density of eye pigment, thereby shielding the eyes from the destructive effects of sunlight. Other studies indicate that adequate amounts of this carotenoid may also decrease the risk of other health issues, including cardiovascular health issues.

While spinach and egg yolks were shown to be among the richest sources of lutein, the nutrient has also been found in corn, red seedless grapes, kiwi, squash, zucchini, kale, lettuce, celery, peas, broccoli and leeks. Oranges, orange juice, tomatoes and carrots are also

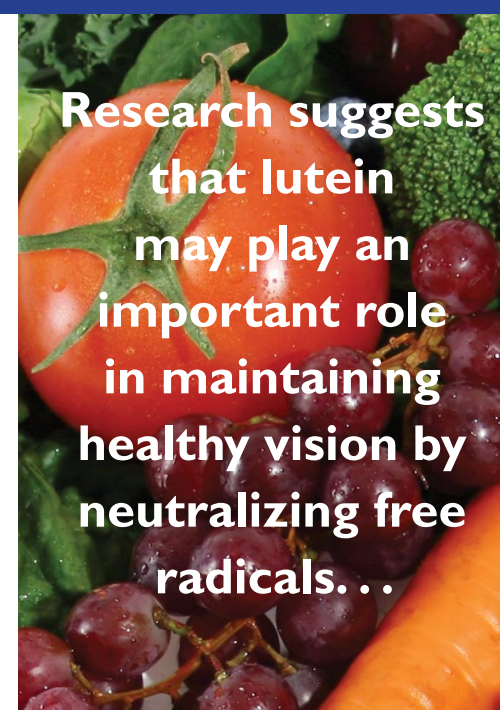
good sources of lutein. However, to get the consistent high dosages of lutein required for the support of the health systems of your body, proper nutritional supplementation is recommended.

Lutein is a key ingredient of AmeriSciences OS<sup>2</sup>.

"Carotenoids May Protect Against Cataracts, Study Suggests." *Angiogenesis Weekly* (December 14, 2001): 9.

"Lutein: Not Just for Eyes." *Nutrition Action Healthletter* (October, 2001): 12.

Seddon J. M., U.A. Ajani, R. D. Sperduto, et al. "Dietary carotenoids, Vitamins A, C, and E, and Advanced Age-Related Macular Degeneration." *Journal of the American Medical Association* 272 no. 18 (1994): 1413-20.



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.