



Recommendations for ARMD eye vitamins:

Vitamin C — 120 mg
Vitamin E — 60 IU
Zinc — 15 mg
Fish Oil — 250 mg
Alpha Lipoic Acid — 10 mg
Mixed Tocopherols — 6 mg
Lutein — 4 mg
Zeaxanthine — 2 mg



For your convenience, we offer the above multivitamin combination which can be purchased at our office. We sell a large bottle of 120 capsules for \$60, and generally recommend 2 per day. See back page for full ingredient list.

Remember, beta carotene is not recommended for smokers, so if you are a smoker avoid any eye vitamins with beta carotene (Vitamin A).

*Fish oil is the only ingredient lacking in OcuCel. For this reason, we recommend that you take a fish oil supplement along with OcuCel.



The advantage to Ocucel is that it is both a multivitamin and an eye vitamin!

Supplement Facts

Serving Size 2 tablets / Servings Per Container 60

Amount Per Serving		% DV
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha-tocopheryl succinate)	400 IU	1,333%
Vitamin K (as phytonadione)	50 mcg	63%
Thiamin (as thiamin HCl)	5 mg	333%
Riboflavin	5 mg	294%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine HCl)	5 mg	250%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg	833%
Biotin	200 mcg	67%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate, ascorbate, citrate, lactate and from coral)	100 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc sulfate)	80 mg	533%
Selenium (as selenium amino acid chelate)	100 mcg	143%

Amount Per Serving		% DV
Copper (as copper gluconate)	3.6 mg	180%
Manganese (as manganese carbonate)	5 mg	250%
Chromium (as chromium picolinate)	150 mcg	125%
Molybdenum (as molybdenum chelate)	50 mcg	67%
Potassium (as potassium chloride)	10 mg	<1%
Choline bitartrate	5 mg	*
Inositol	5 mg	*
PABA	5 mg	*
Citrus bioflavonoids complex	5 mg	*
Rutin	5 mg	*
Boron (as boron chelate)	1 mg	*
Coenzyme Q-10	20 mcg	*
Ocucel® Plus Complex	397 mg	*
Eyebright (aerial parts), Bilberry fruit extract, L-Glutathione, Lutein (FloraGLO®) (10 mg), Zeaxanthin (2 mg)		
Digestive Enzymes Complex	20 mg	*
Protease, Amylase, Lactase, Lipase, Glucoamylase, Cellulase, Betaine HCl, Bromelain, Papain		

*Daily value not established.