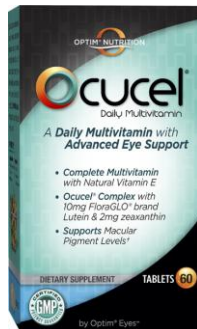


Recommendations for ARMD eye vitamins:

- | | |
|---------------------|--------|
| • Vitamin C | 120 mg |
| • Vitamin E | 60 IU |
| • Zinc | 15 mg |
| • Fish Oil* | 250 mg |
| • Alpha Lipioc 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 small bottle of 60 capsules for \$31.99 and a large bottle of 120 capsules for \$58.99, 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	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	500 mg 833%	Copper (as copper gluconate)	3.6 mg 180%
Vitamin D (as cholecalciferol)	100 IU 25%	Manganese (as manganese carbonate)	5 mg 250%
Vitamin E (as d-alpha-tocopheryl succinate)	400 IU 1,333%	Chromium (as chromium picolinate)	150 mcg 125%
Vitamin K (as phytonadione)	50 mcg 63%	Molybdenum (as molybdenum chelate)	50 mcg 67%
Thiamin (as thiamin HCl)	5 mg 333%	Potassium (as potassium chloride)	10 mg <1%
Riboflavin	5 mg 294%		
Niacin (as niacinamide)	20 mg 100%	Choline bitartrate	5 mg *
Vitamin B ₆ (as pyridoxine HCl)	5 mg 250%	Inositol	5 mg *
Folate (as folic acid)	400 mcg 100%	PABA	5 mg *
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg 833%	Citrus bioflavonoids complex	5 mg *
Biotin	200 mcg 67%	Rutin	5 mg *
Pantothenic acid (as D-calcium pantothenate)	10 mg 100%	Boron (as boron chelate)	1 mg *
Calcium (as calcium carbonate, ascorbate, citrate, lactate and from coral)	100 mg 10%	Coenzyme Q-10	20 mcg *
Iodine (as potassium iodide)	150 mcg 100%	Ocucel [®] Plus Complex	397 mg *
Magnesium (as magnesium oxide)	50 mg 13%	Eyebright (aerial parts), Bilberry fruit extract, L-Glutathione, Lutein (FloraGLO [®]) (10 mg), Zeaxanthin (2 mg)	
Zinc (as zinc sulfate)	80 mg 533%	Digestive Enzymes Complex	20 mg *
Selenium (as selenium amino acid chelate)	100 mcg 143%	Protease, Amylase, Lactase, Lipase, Glucoamylase, Cellulase, Betaine HCl, Bromelain, Papain	

*Daily value not established.