

# OcuBless<sup>®</sup>

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Vitamin C	.....	250mg
Vitamin E	.....	200IU
Lutein	.....	5mg
Zeaxanthin	.....	1mg
Zinc	.....	40mg
Copper	.....	1mg

## 1. What is OcuBless?

OcuBless is antioxidant vitamin and mineral supplement designed for maintaining macular health. This formula is based on Age Related Eye Disease (AREDS 2) study which is a multi-centric trial conducted in US on 4203 patients.

## 2. How does OcuBless works?

Strategies to prevent the conversion from dry AMD to wet AMD include high-dose consumption of the antioxidant vitamins, C, E, and beta-carotene, plus the minerals zinc and copper. Lutein and zeaxanthin may also provide risk reduction for AMD

Zinc was added since AMD may be linked to zinc deficiency and the loss of zinc dependent coenzymes.

Copper was added to prevent zinc induced copper deficiency.

Lutein and zeaxanthin quench the reactive oxygen species thus giving antioxidant property.

### **3. What are lutein, zeaxanthin, and beta-carotene?**

Lutein, zeaxanthin, and beta-carotene belong to a family of nutrients known as carotenoids. Carotenoids are made by plants and are enriched in green leafy vegetables. They can be stored in animal tissues and are found at relatively low levels in animal-based foods. In the body, beta-carotene is used to make vitamin A, which is required by the retina to detect light and convert it into electrical signals. Beta-carotene itself is not found in the eye. In contrast, lutein and zeaxanthin are found in the retina and lens, where they may act as natural antioxidants and help absorb damaging, high-energy blue and ultraviolet light.

### **4. What is age-related macular degeneration (AMD)?**

Age-related macular degeneration (AMD) is an eye disease that can blur the center of your vision. If you have intermediate AMD in 1 or both eyes, special dietary supplements can help slow down vision loss.

### **5. Who should take Ocubless?**

Ocubless is a dietary supplement to reduce the risk of progression in people with moderate to advanced age-related macular degeneration (AMD). Beta carotene free formula makes it safe for smokers, former smokers, and non-smokers.

### **6. What are the precautions to be taken while using Ocubless?**

Do not take this medication with milk, other dairy products, calcium supplements, or antacids that contain calcium. Calcium may make it harder for your body to absorb certain ingredients of the multivitamin. Ocubless should not be administered to patient with gallbladder disease or Wilson's disease and bleeding disorders. Absorption of lutein from supplementation might decrease in people with cystic fibrosis.

### **7. How to take Ocubless?**

Take 2 soft gel capsule daily; 1 in the morning; 1 in the evening with food or as directed by dietician or healthcare professional.

**8. Will taking the Ocubless supplements prevent AMD?**

Nutritional supplements cannot prevent AMD. However, the Ocubless supplements may delay progression of intermediate to advanced AMD and may help you keep your vision longer.

**9. Can I take a daily multivitamin if I am taking Ocubless?**

Yes. The Ocubless formulas do not substitute for multivitamins.

**10. Are there side effects with consumption of Ocubless?**

Nausea, GI distress, haemorrhagic strokes, CA risk, carotenoderma, choroidal neovascularization, LFTs elevated myocardial infarction, pneumonia, soft drusen formation, stroke can occur.

**11. How to store Imusmile?**

Store in a cool & dry place,

Protect from light and moisture.

Keep out of reach of children.

**Manufactured by: Softgel Healthcare Pvt. Ltd.**

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