

# OcuBless<sup>®</sup>

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## Composition:

Each capsule contains:

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

## Description

Ocubless is anti-oxidant 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.

Zinc was added due to high concentration of it in the RPE. 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 anti -oxidant property.

The majority of the product is absorbed in the GI tract, with vitamin E requiring fat for its absorption. Zinc absorption may be impacted with food products containing bran or phytates. Components are widely distributed to body tissues. Copper, zinc, lutein and zeaxanthin are excreted primarily in the stool and bile, vitamin C and E in the urine.

## Indication

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.

## Contraindications

The use of Ocubless is contraindicated in patients with hypersensitivity to any of the ingredients of the formulation.

## Drug interaction



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- Warfarin: Increased hypoprothrombinaemia effect occurs with high doses of vitamin E (>400 IU). Vitamin C can reduce the anticoagulant action of warfarin.
- Iron: Iron interferes with the absorption of vitamin E. Absorption of iron increases with coadministration of vitamin C.
- Vitamin C: Acidifies urine resulting in reabsorption of acidic drugs and an increase in the excretion of basic drugs from the renal tubules (unknown clinical relevance).
- Tetracycline and fluoroquinolones: Zinc decreases the absorption of tetracycline and fluoroquinolones.
- Copper: Absorption of copper is decreased by concurrent use of high doses of zinc or vitamin C.

### Adverse drug reactions

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

### OVERDOSE

Overdose symptoms may include increased thirst or urination, severe nausea or stomach pain, vomiting, bloody diarrhea, black and tarry stools, hair loss, peeling skin, tingly feeling in or around your mouth, changes in menstrual periods, weight loss, severe headache, severe back pain, blood in your urine, pale skin, easy bruising or bleeding, severe drowsiness, slow heart rate, shallow breathing, weak and rapid pulse, confusion, muscle weakness, cold and clammy skin, blue lips, and seizure (convulsions).

### Warnings and Precautions

- 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.

### Use in special population:

1. **Pediatric:** Ocubless has not been studied in children.
2. **Geriatric:** No overall differences in safety or effectiveness have been observed between elderly and other adult patients.
3. **Liver impairment:** Use with caution.
4. **Renal failure:** Use with caution.
5. **Pregnancy and lactation:** Medical advice should be sought before use.



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**Dosage & administration**

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

**Presentation**

Soft gel capsule pack of 10 capsules.

**Storage**

Store in a cool & dry place,

Protect from light and moisture.

Keep out of reach of children.



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