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“As a lifelong diabetic,  
I’m very aware of the role  
poor nutrition can play in  
my ocular health, however  
with EyeScience®  
Diabetic Vision Formula,  
that’s one less thing  
I worry about!”



EYE SCIENCE®

*Reducing your risk for  
Diabetic Eye Disease*

# DIABETIC VISION FORMULA™

Advanced Ocular Vitamin



EYE SCIENCE®

EyeScience products can be found  
in your eye care professional's office  
or online at [www.eyescience.com](http://www.eyescience.com).



The most  
complete eye  
vitamin for  
people with  
diabetes

EYESCIENCE PRESENTS:

# An Advanced Ocular Vitamin formulation to help promote ocular health and protect from Diabetic Eye Disease.

Diabetic eye disease, also known as diabetic retinopathy, is one of the complications that can occur for people who have diabetes. The Centers for Disease Control (CDC) estimates that retinopathy affects 4.1 million Americans.<sup>1</sup> It happens when the blood vessels in the eye are damaged. Early onset of diabetic retinopathy may present itself with no symptoms or can seem like blurry vision.

Diabetic retinopathy may also result in cataracts (a clouding of the vision) or glaucoma (nerve damage that causes pain and vision loss).



EYESCIENCE®

The National Eye Institute, a division of the National Institutes of Health, cites diabetic retinopathy as the leading cause of blindness for American adults.<sup>2</sup>

There are several risk factors for diabetic retinopathy<sup>3</sup> including:

- Individuals with diabetes – either type 1 or type 2
- Longer length of time with having diabetes
- High cholesterol
- High blood pressure
- Pregnant women
- Individuals who are African American or Hispanic

The American Diabetes Association states that most people with diabetes will eventually get some form of retinopathy. However, they suggest that early identification of eye problems via regular vision checkups will provide greater opportunities for successful treatment.<sup>4</sup>

# REDUCE YOUR RISK

with EyeScience® Diabetic Vision Formula

Regular eye exams are crucial for the identification of the disease, but what about prevention?

Optical researchers have been working fervently to find ways to treat and prevent diabetic retinopathy. There is a strong interest in researching the effectiveness of nutrient supplementation for treating many eye diseases, including diabetic retinopathy.

A 2010 review in the Journal of Diabetes & Metabolism examined research to date on antioxidant supplementation in treatment of retinopathy with several nutrients such as Vitamin A, Vitamin C and Lipoic Acid and suggested “increasing the application or consumption of a greater diversity of antioxidants is the best way to prevent retinopathy.” (page 7)

A research study in the American Journal of Clinical Nutrition found that subjects who had been taking Vitamin C and E supplements on a long term basis were less likely to have developed retinopathy.<sup>5</sup>



You have a choice when deciding which eye vitamin to take. There are other eye vitamins on the market today, but it is important to look at the ingredients. The EyeScience® Diabetic Vision Formula includes 11 different nutrients such as: Vitamin B-6, Omega-3, Niacin, Lutein, Alpha Lipoic Acid, Cinnamon Bark, Bilberry, and Grapeseed Extract, and provides a more complete formula, all based upon decades of ocular research studies on diabetic retinopathy. All EyeScience products are reviewed and approved by the EyeScience Scientific Team, which is comprised of a broad base of nationally and internationally recognized scientists and medical professionals.

By starting an eye vitamin regimen with EyeScience® Diabetic Vision Formula, you can be sure that you're giving your eyes the best chance at maintaining their eye health for better vision long into the future.

# FAQ

## FREQUENTLY ASKED QUESTIONS

### DO I REALLY NEED A VITAMIN SUPPLEMENT IF I HAVE A HEALTHY DIET?

Yes. While a healthy diet rich in antioxidants may be beneficial, diet alone is not likely to provide sufficient levels of the vitamins and antioxidants needed to protect and possibly delay the onset of diabetic eye disease. The positive findings from the research were based upon the usage of vitamin supplements, not dietary intake.

### ISN'T MY MULTI-VITAMIN SUPPLEMENT GOOD ENOUGH?

No. There are several nutrients in the formula which you would not find in most multivitamin formulas. Additionally, the levels of antioxidants and vitamins are not high enough in most multivitamin formulas. The best chance for matching the effectiveness of the clinical research comes from taking the same dosages that were shown to be effective. The EyeScience® Diabetic Vision Formula was specifically formulated to provide the essential antioxidants and vitamins recommended by eye care specialists to prevent and protect from diabetic eye disease.



**DIABETIC  
VISION  
FORMULA™**

### IF I ALREADY TAKE A MULTIVITAMIN, CAN I TAKE THE SUPPLEMENT AS WELL?

EyeScience® Diabetic Vision Formula Advanced Ocular Vitamin is designed to compliment a multivitamin regimen. Because multivitamin formulas vary, it is good health practice to consult with your doctor regarding the compatibility of all your medication and vitamin supplements.

### WHEN DO I NEED TO START TAKING THE SUPPLEMENT?

If you have either type 1 or type 2 diabetes then it is never too early to start on a healthy eye regimen. Several of the research studies have found that the benefit of nutritional supplementation for the prevention of diabetic retinopathy is highest when the supplementation is started prior to the development of symptoms. Ask your eye care professional if you would benefit from an ocular supplement.

### ENDNOTES

- 1 Centers for Disease Control. Vision Health Initiative, [http://www.cdc.gov/visionhealth/basic\\_information/eye\\_disorders.htm](http://www.cdc.gov/visionhealth/basic_information/eye_disorders.htm) (July 2009)
- 2 National Institutes of Health. Facts About Diabetic Retinopathy, <http://www.nei.nih.gov/health/diabetic/retinopathy.asp> (October 2009)
- 3 American Optometric Association. Diabetic Retinopathy, <http://www.aoa.org/diabetic-retinopathy.xml>
- 4 The American Diabetes Association. Living with Diabetes: Eye Complications, <http://www.diabetes.org/living-with-diabetes/complications/eye-complications/>
- 5 Millen AE, Klein R, Folsom AR, Stevens J, Palta M, and Mares JA. Relation between intake of vitamins C and E and risk of diabetic retinopathy in the Atherosclerosis Risk in Communities Study. *Am J Clin Nutr* 2004;79:865-73
- 6 da Silva SB, Costa JP, Pintado ME, Ferreira DC, Sarmiento B (2010) Antioxidants in the Prevention and Treatment of Diabetic Retinopathy – A Review. *J Diabetes Metab* 1:111

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