

# Ocuter forte

OCUTER FORTE es un complemento alimenticio compuesto por carotenoides, ingredientes vegetales y vitaminas para el cuidado de la vista.

• Indicado para:

- Alteraciones o molestias oculares.
- Contrarrestar el daño de la radiación solar en los ojos.
- Proteger de DMAE (Degeneración Macular Asociada a la Edad).
- Reducir la fatiga ocular.
- Retrasar la aparición de cataratas.

• Gracias a la acción de:

- Los carotenoides.

- Zeaxantina y Luteína se encuentran de forma natural en la retina de los ojos y la defienden del daño de los radicales libres (radiación solar).

- El licopeno es un pigmento vegetal sobre el que se han realizado estudios epidemiológicos en los que se demuestra que reduce el riesgo de progresión de la degeneración macular asociada a la edad o DMAE. <sup>(1)(2)</sup>

- Las antocianidinas. Son antioxidantes de origen vegetal procedentes del mirtilo y arroz negro, que fortalecen la circulación de los capilares oculares <sup>(3)</sup>, lo que repercute en relajar la musculatura de la zona, mejorando el enfoque y reduciendo la fatiga ocular.

- Vitaminas C y E. Neutralizan los radicales libres que genera la luz del sol. Mantener unos buenos niveles en sangre de ambas vitaminas está relacionado con la reducción del riesgo de cataratas. <sup>(4)(5)</sup>

Composición por comprimido

*Vaccinium myrtillus* (extracto seco estandarizado de mirtilo al 1% de antocianidinas), 100 mg; vitamina C (ácido L-ascórbico), 40 mg; *Oryza sativa* (extracto seco estandarizado de arroz negro al 25% cianidina 3-glucósido), 16 mg; vitamina E (acetato de DL-alfa tocoferilo), 6 mg; luteína, 6 mg; licopeno, 5 mg; zeaxantina, 3 mg.

Otros componentes

Antiaglomerante (estearato de magnesio); agente de carga (celulosa microcristalina); estabilizador (fosfato dicálcico).

## Modo de empleo

Tomar dos comprimidos al día.

## Presentación

45 comprimidos.

Todas las plantas que contienen nuestros productos se encuentran en forma de extractos. • Los complementos alimenticios no deben utilizarse como sustitutos de una dieta variada y equilibrada ni de un modo de vida sano. • No superar la dosis diaria expresamente recomendada. • Mantener fuera del alcance y de la vista de los niños más pequeños. • Mantener en lugar fresco, por debajo de 30 °C. • No debe ser consumido por niños.

## Referencias bibliográficas

- (1) Sabour-Pickett S, Beatty S, Connolly E, Loughman J, Stack J, Howard A, Klein R, Klein BE, Meuer SM, Myers CE, Akuffo KO, Nolan JM. Supplementation with three different macular carotenoid formulations in patients with early age-related macular degeneration. *Retina*. 2014 May 30.
- (2) Lutein+Zeaxanthin and Omega-3 Fatty Acids for Age-Related Macular Degeneration: The Age-Related Eye Disease Study 2 (AREDS2) Randomized Clinical Trial. *JAMA*. 2013 May 5;1-11. doi: 10.1001/jama.2013.4997.
- (3) Yuri Nomi, Keiko Iwasaki-Kurashige, Hitoshi Matsumoto. Therapeutic Effects of Anthocyanins for Vision and Eye Health. *Molecules*. 2019 Sep 11;24(18):3311. <https://doi.org/10.3390/molecules24183311>.
- (4) Julie C Lim, Mariana Caballero Arredondo, Andrea J Braakhuis, Paul J Donaldson. Vitamin C and the Lens: New Insights into Delaying the Onset of Cataract. *Nutrients*. 2020 Oct 14;12(10):3142. <https://doi.org/10.3390/nut12103142>.
- (5) Yufei Zhang, Wenjin Jiang, Zhutian Xie, Wenlong Wu, Dongfeng Zhang. Vitamin E and risk of age- related cataract: a meta-analysis. *Public Health Nutr*. 2015 Oct;18(15):2804-14. <https://doi.org/10.1017/S1368980014003115>.



# Ocuter forte

OCUTER FORTE is a food supplement for the vision care composed of carotenoids, vegetable ingredients and vitamins.

• It is indicated for:

- Eye disorders or discomfort.
- Counteracting the damage of sun rays to the eyes.
- Protecting from AMD (Age-related Macular Degeneration).
- Reducing eye fatigue.
- Delaying the appearance of cataracts.

• Thanks to the action of:

- Carotenoids.

- Zeaxanthin and lutein are naturally found in the retina of the eyes, protecting it from the damage of free radicals (solar radiation). - Lycopene is vegetable pigment on which epidemiological studies have been conducted, demonstrating that it reduces the risk of progression of AMD. <sup>(1)(2)</sup>

- Anthocyanidins. They are antioxidants of vegetable origin from bilberry and black rice, which strengthen the circulation of eye capillaries <sup>(3)</sup>. This has an impact on relaxing the muscles of the area, improving the focusing and reducing eye fatigue.

- Vitamins C y E. They neutralise the free radicals generated by sunlight. Maintaining optimal blood levels of both vitamins is related to the reduction of the risk of cataracts. <sup>(4)(5)</sup>

#### Composition per tablet

*Vaccinium myrtillus* (standardised dry extract of bilberry at 1% of anthocyanidines), 100 mg; vitamina C (L-ascorbic acid), 40 mg; *Oryza sativa* (standardised dry extract of black rice at 25% cyanidin 3-glucoside), 16 mg; vitamin E (DL-alpha tocopherol acetate), 6 mg; lutein, 6 mg; lycopene, 5 mg; zeaxanthin, 3 mg.

#### Other components

Anti-agglomerating agent (magnesium stearate); bulking agent (microcrystalline cellulose); stabiliser (dicalcium phosphate).

#### How to use

Take two tablets a day.

Presentation  
45 tablets.

All the plants included in our products are found as extracts. • Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. • Do not exceed the specifically recommended daily dose. • Keep out of reach and sight of the youngest children. • Store in a cool place, below 30 °C. • Not to be consumed by children.

#### Bibliographic references

- (1) Sabour-Pickett S, Beatty S, Connolly E, Loughman J, Stack J, Howard A, Klein R, Klein BE, Meuer SM, Myers CE, Akuffo KO, Nolan JM. Supplementation with three different macular carotenoid formulations in patients with early age-related macular degeneration. *Retina*. 2014 May 30.
- (2) Lutein+Zeaxanthin and Omega-3 Fatty Acids for Age-Related Macular Degeneration: The Age-Related Eye Disease Study 2 (AREDS2) Randomized Clinical Trial. *JAMA*. 2013 May 5:1-11. doi: 10.1001/jama.2013.4997.
- (3) Yuri Nomi, Keiko Iwasaki-Kurashige, Hitoshi Matsumoto. Therapeutic Effects of Anthocyanins for Vision and Eye Health. *Molecules*. 2019 Sep 11;24(18):3311. <https://doi:10.3390/molecules24183311>.
- (4) Julie C Lim, Mariana Caballero Arredondo, Andrea J Braakhuis, Paul J Donaldson. Vitamin C and the Lens: New Insights into Delaying the Onset of Cataract. *Nutrients*. 2020 Oct 14;12(10):3142. <https://doi:10.3390/nut12103142>.
- (5) Yufei Zhang, Wenjie Jiang, Zhutian Xie, Wenlong Wu, Dongfeng Zhang. Vitamin E and risk of age- related cataract: a meta-analysis. *Public Health Nutr*. 2015 Oct;18(15):2804-14. <https://doi:10.1017/S1368980014003115>.