



Information

# Preserve Vision with Ocufofin® forte

For dietary management of vitamin B metabolism disorders in persons aged 40 plus resulting in increased homocysteine levels and consequently reduced micro-circulation in eye diseases.

The specific nutrient combination in Ocufofin® forte reduces the homocysteine level in patients with chronic eye diseases, combined with a reduced microcirculation.

## What are the known risk factors for developing Glaucoma, AMD and DR?

Smoking | Age | High blood pressure | Unbalanced diet and overweight/obesity | Elevated level of homocysteine

Exposure to strong sunlight | Family history | Eye-colour: blue eyes | Gender: female

Hyperglycemia | Longer diabetes duration | Cholesterol values

## How can you LOWER the risk?

Extensive long-term studies with thousands of patients in the USA (ARED Studies 1&2) evidenced the positive effect of minerals such as zinc and copper, vitamins C and E as well as Lutein and Zeaxanthin. Additionally, the benefits of B vitamins (B1, B2, B6, B12) and Vitamin D were also established in large-scale studies. Recent studies show that AMD, diabetic retinopathy and glaucoma are caused by a reduced microcirculation, which leads to a B-vitamin disorder and increased homocysteine levels in the blood. Experts recommend this significantly higher requirement of nutrients should be addressed with a suitable nutrient combination and thus lowering the homocysteine level.

Ocufolin<sup>®</sup> forte is a dietary supplement developed and successfully recommended by ophthalmologists for several years. Ocufolin<sup>®</sup> forte is currently the only ocular dietary

supplement containing L-Methylfolate calcium, in addition to the ingredients tested in the Age-Related Eye Disease Studies (ARED). This is the active, bioavailable form of folic acid delivering active folate to the retina. That new type of supplement helps to cover the significantly increased need for B vitamins in patients with chronic eye diseases combined with reduced microcirculation and to lower the disease-related elevated level of homocysteine.

Individuals with eye diseases such as Glaucoma, AMD and DR, are deficient in certain nutrients despite a healthy diet. **Ocufolin® forte** delivers these particular nutrients to eliminate the deficiency.

Available at: [www.ocufolin.ch](http://www.ocufolin.ch)

## Composition of **Ocufolin® forte**

List of ingredients	per Capsule	per 100 g
Vitamin D3	37.5 µg	0.004 g
Vitamin E	5 mg	0.5 g
Vitamin C	45 mg	4.3 g
Vitamin B1	1.5 mg	0.14 g
Vitamin B2	10 mg	1.0 g
Vitamin B6	3 mg	0.3 g
Calcium L-methylfolat	900 µg	0.09 g
Vitamin B12	500 µg	0.05 g

List of ingredients	per Capsule	pr 100 g
Vitamin B5	5 mg	0.5 g
Zinc	25 mg	2.4 g
Selenium	20 µg	0.002 g
Copper	0.667 mg	0.064 g
Lutein	10 mg	1.0 g
Zeaxanthin	2 mg	0.19 g
N-Acetyl-L-cystein	180 mg	17.3 g

# Ocufolin<sup>®</sup> forte

## Recommended dosage

Take one capsule per day with water or juice, unless otherwise directed by your doctor. **Ocufolin<sup>®</sup> forte** is recommended for dietary management of vitamin B metabolism disorders resulting in increased homocysteine levels and consequently reduced microcirculation in case of eye disease. Long-term use of **Ocufolin<sup>®</sup> forte** is recommended and the supplement can be taken indefinitely.

## Format

90-capsule blister pack.

## Important notice

- Food for special medical purposes (balanced diet) may be used under medical supervision only
- Suitable as a partial source of nutrition
- Do not take during pregnancy and whilst breast-feeding as no controlled studies in pregnant and breast-feeding women are available
- Store in a cool (max. 25°C) dry place, out of light and out of the reach of children
- This product is not for children
- Information for diabetics: 1 capsule contains 0.02 carbohydrate units (2 carbohydrate units per 100 g)

**Ocufolin<sup>®</sup> forte** is not a medicine, it's available over the counter, prescription-free.

Further information is available on the following websites:

[www.nhs.uk/Conditions/Macular-degeneration](http://www.nhs.uk/Conditions/Macular-degeneration)

[www.amd.org/what-is-macular-degeneration](http://www.amd.org/what-is-macular-degeneration)

[www.aao.org/eye-health/diseases](http://www.aao.org/eye-health/diseases)

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### Available at:

[www.ocufolin.ch](http://www.ocufolin.ch) or please contact us:

[contact@ocufolin.ch](mailto:contact@ocufolin.ch)

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