

# ULTIMATE DHA™ EYE

Synergistic blend of  
fish oil, lutein, and zeaxanthin  
for optimal eye health



**NORDIC  
NATURALS**   
*Pure and Great Tasting Omega Oils*

# ULTIMATE DHA EYE

Targeted nutritional support for the eyes

**U**ltimate DHA Eye is formulated with key ocular nutrients that have been shown to protect the eyes and support healthy vision.\* Ultimate DHA Eye consists of purified fish oil high in DHA combined with the fat-soluble carotenoids, lutein and zeaxanthin.

**Ultimate DHA Eye provides a blend of nutrients that have been shown to:**

- Support the development and maintenance of eye tissue\*
- Protect ocular cells from oxidative stress\*
- Support healthy vision and tissue moisture\*
- Slow the progression of age-related eye disorders\*

Omega-3 fatty acids, lutein, and zeaxanthin each play a distinct role in protecting the eyes and supporting healthy vision. Scientific investigations show that these nutrients work in synergy.

Nordic Naturals developed Ultimate DHA Eye based on the latest research findings and human clinical trials.



# WHY FISH OIL FOR EYES

## Omega-3 fats provide the foundation for healthy eyes

Fish oil: the best source for necessary eye nutrients, EPA and DHA

Eye tissue has a unique biochemical demand for the omega-3 fats, EPA and DHA from fish oil. Omega-3 fats, which are almost absent from typical Western diets, are highly concentrated within the cells of the eye and are necessary to maintain healthy structure and function of ocular tissue.

### EPA and DHA promote ocular health by:

- Supporting the body's natural anti-inflammatory response<sup>1</sup>
- Supporting tear production<sup>2</sup>
- Protecting eyes from oxidative damage<sup>3</sup>

Omega-3 fats keep eye cell membranes fluid and flexible. Studies show that higher intakes of omega-3 fats from fish oil support the production of natural anti-inflammatory molecules that help alleviate ocular symptoms such as dryness, pain, redness, and lack of tear production<sup>2,4</sup>.

Ultimate DHA Eye provides high levels of DHA. DHA levels within the eye have been shown to support internal repair systems that operate in response to oxidative stress and inflammation. The protective action of DHA within the eye is associated with decreased likelihood of having age-related damage and degeneration of eye tissue<sup>5-7</sup>.

Older adults with higher intake of omega-3 fats have healthier eyes than those whose diets are low in these essential fats<sup>8,9</sup>. One study found that people who ate fish more than once a week were twice as likely to have healthy vision as those who ate fish once a month<sup>10</sup>.

# Why lutein and zeaxanthin for eye health

Lutein and zeaxanthin are two fat-soluble carotenoids that occur within the retina of the human eye. Found in green leafy vegetables such as spinach and kale, these nutrients provide protective pigment to delicate light-absorbing ocular cells.

When ingested from a healthy diet, these nutrients accumulate in the eyes to filter out harmful ultraviolet blue light<sup>11</sup>. One study found that individuals aged 55–80 who ate a diet rich in lutein and zeaxanthin were more likely to have healthy vision than people who did not. In another study, daily supplementation of 10 mg of lutein for one year was associated with healthy eyes and vision<sup>12</sup>.

Lutein and zeaxanthin are fat soluble nutrients that act synergistically with the omega-3 fatty acids from fish oil. The fish oil in Ultimate DHA Eye provides an ideal lipid delivery system for lutein and zeaxanthin. Regular supplementation with Ultimate DHA Eye is a convenient way to achieve the combined benefits of fish oil and lutein/zeaxanthin, which include:

- Protecting the eye cells from damages associated with aging\*
- Filtering out harmful light\*
- Preventing free radical damage to the delicate structures of the eye\*
- Supporting optimal and necessary ocular pigmentation\*



# Supplement Facts

Serving Size: **2 Soft Gels**

Servings per container: **30**

| Amount Per Serving             | % Daily Value* |                 |
|--------------------------------|----------------|-----------------|
| Calories                       | 20             |                 |
| Calories from fat              | 18             |                 |
| Total Fat                      | 2.0 g          | 3%              |
| Saturated Fat                  | 0.09 g         | 0.5%            |
| Trans Fat                      | 0 g            | †               |
| Vitamin E (d-alpha tocopherol) | 30 I.U.        | 100%            |
| Lutein                         | 20 mg          | †               |
| Zeaxanthin                     | 4 mg           | †               |
| <b>Omega-3s</b>                | <b>Weight*</b> | <b>Volume %</b> |
| EPA (Eicosapentaenoic Acid)    | 158 mg         | 10%             |
| DHA (Docosahexaenoic Acid)     | 788 mg         | 50%             |
| Other Omega-3s                 | 69 mg          | 5%              |
| Total Omega-3s                 | 1015 mg        | 65%             |
| Oleic Acid (Omega-9)           | 42 mg          | 3%              |

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.   • Natural Triglycerides

Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerol, purified water USP, caramel color), d-alpha tocopherol, lutein (in corn oil), zeaxanthin, rosemary extract.

No gluten, yeast, milk derivatives, or artificial colors or flavors.  
Contains vitamin E derived from refined soybean oil.



# THE NORDIC NATURALS ADVANTAGE

*Nordic Naturals is the number one selling fish oil brand in the natural products market. We offer:*

## Unparalleled freshness

- ◆ Our fish oil is manufactured in a 100% oxygen-free environment to preserve its unique freshness.

## Exceptional purity

- ◆ Molecular distillation removes any potential impurities down to the particals-per-trillion level. *Certificates of analysis are available upon request.*
- ◆ Our fish oils surpass all national and international standards for purity and freshness.
- ◆ All Nordic Naturals products are third-party tested for freshness and purity.

## Unsurpassed quality

- ◆ Our pure and fresh fish oils are manufactured from the highest quality raw material, and contain the natural triglyceride form of EPA and DHA for optimized absorption.
- ◆ Nordic Naturals products are used and recommended by leading doctors and research institutions around the world.

## Environmental commitment

- ◆ Our environmentally responsible policy ensures that 100% of our fish is utilized for human or animal consumption, and is harvested only from waters that are abundant.

# REFERENCES

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