

# Fortifeye® Vitamin Difference

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**Fortifeye® Complete Plus** is a synergistic blend of vitamins, minerals, phytonutrients, whole foods, enzymes and omega three oils. This formula is all natural without the use of any dyes. These are nutraceuticals developed to aid in total body wellness and vision support. *Fortifeye Complete Plus* is a combination multi vitamin, eye vitamin, super fruit / vegetable extract and Super Concentrated Omega-3 fish oil in one convenient package that is taken daily (2 caplets and 1 gel cap). This unique formula is based on the latest science and is currently being used by thousands of patients throughout the world. *Fortifeye Complete Plus* has evolved to its current nutrient profile after four years of research and four reformulations. This final formula was reached after years of clinical use with patients in large eyecare centers combined with serum and intracellular blood testing and retesting. Some newly researched nutrients like resveratrol from red wine, green tea, soy isoflavones and curcumin from the turmeric root have been added to this formula. These nutrients are powerful antioxidants that may also help inhibit the formation of "bad" blood vessels (anti-VEGF). Some other specific nutrients that Fortifeye is using that may also exhibit effects on VEGF are Vitamin D, Rutin, Zeaxanthin, tocotrienols, super berries and even B vitamins. This may prove to be helpful in macular degeneration, inflammatory eye diseases and cataracts. Many studies now suggest that increasing intake of dark green leafy vegetables and darkly pigmented berries may also benefit macular degeneration and overall health. Kale, Spinach and Blueberries along with Billberries and Grape seed extract have also been included in the Complete Plus formula, 20mgs of Lutein and 3.15mg of Zeaxanthin are in this formula to help replenish the macula pigment density, filter out the dangerous blue light and also act as a powerful antioxidant to neutralize free radicals. Current science indicates that macula density progressively decreases as macular degeneration progresses. Lutein/zeaxanthin are proving to be beneficial for both macular degeneration and cataracts. The total antioxidant value (ORAC value) of *Fortifeye Complete Plus* is very high at 8,500. This is equivalent to approximately 12 servings of Fruits and vegetables a day. Super Foods like Gogi, Acai, Mangosteen, Pomegranate, Cinnamon and Cocoa were blended to increase the ORAC to these levels. Acetyl I-Carnitine, Alpha Lipoic Acid and COQ-10 were added to support mitochondria health and aid in neuro protection. The Omega three fish oil is the purest molecularly distilled and purified triglyceride based fish oil available. All eight forms of vitamin E (four tocopherols and four tocotrienols) are utilized in this

formula to maximize free radical quenching. The most absorbable form of Zinc called Opti Zinc is used to increase bio availability. Higher than normal levels of Vitamin D3 have been added do to the vast overall health benefits associated with this potent steroid hormone. Vitamin A deficiencies are very rare in developed countries and too much does pose some serious health risks so no vitamin A is found in *Fortifeye Complete Plus*. Beta carotene has been linked to lung cancer in smokers and studies now indicate that beta carotene may block the absorption of Lutein so no beta-carotene is in any of the *Fortifeye* products. Many other nutrients are used in this comprehensive formula in precise ratios to aid in maximum cellular absorption. *Fortifeye Complete Plus* can be used alone or in combination with *Fortifeye Super Omega* or *Fortifeye Dry Eye Therapy Extreme* to combat against free radical damage in the eyes and body. When *Fortifeye Vitamins* are combined with life style changes and dietary modifications significant improvements in the health of the eyes and body can be a result. *Fortifeye Complete Plus* is recommended to anyone wanting to be pro-active in their future health.

**Fortifeye® Complete Macular Defense** is the same exact formula as the *Fortifeye Complete Plus* but it is about 33% stronger( 3 caplets and 1 gel cap). *Fortifeye Complete Macular Defense* has higher levels of the specific nutrients that have been studied extensively by *Fortifeye*. 33% higher levels of all the nutrients listed in the above *Fortifeye Complete Plus* have been added to the Complete Macular Defense. The ORAC value of this formula is almost 13,000, making it one of the strongest antioxidants available, being equivalent to about 17 servings of fruits and vegetables a day. This formula was developed initially for the macular degeneration patient but is now being used extensively throughout the world for extreme athletes, smokers, heavy drinkers, patients on medications that can block antioxidant uptake and macular degeneration patients. The Complete Macular Defense was developed to aid patients that are in need of higher dosages of specific time tested nutrients. These vitamins should be taken in two divided dosages with food to maximize the absorption. *Fortifeye Complete Macular Defense* can be taken alone or with *Fortifeye Super Omega* or *Fortifeye Dry Eye Therapy Extreme*. *Fortifeye Vitamin* formulas have helped many patients to maintain their independence and in certain cases regain their independence thru better vision and/or better health. *Fortifeye Complete Macular Defense* gives hope thru nutrition.

**Fortifeye® Complete One-A-Day** is one of the most potent one-a-day multivitamins on the market. After six years of research and development Fortifeye has released their newest multivitamin supplement called *Fortifeye One-A-Day Multivitamin*. This is a nutraceutical (vitamin and mineral) formula taken once a day that has an ORAC value of approximately 4250 per serving in each tablet. This is equivalent in antioxidant power to approximately five or six servings of fruits and vegetables a day. Fortifeye's goal was to develop a multivitamin that was made to support total body and vision health that was convenient, affordable and based on the latest research. *Fortifeye One-A-Day Multivitamin* is all natural without any synthetic nutrients, dyes, trans fats or artificial sweeteners. *Fortifeye One-A-Day Multivitamin* is great for anyone that wants to insure that they are getting enough antioxidants during the day to combat against free radical damage and aid in the total health of their body and eyes. *Fortifeye* has taken a powerhouse combination of 50 total body and vision specific nutrients and combined them all into one USP certified tablet. *Fortifeye One-A-Day Multivitamin* has been created by doctors who understand that quality counts.

**Fortifeye® Super Omega** was developed after years of careful research and use of all types of omega three essential fatty acids clinically. Fortifeye decided to utilize a more natural triglyceride based fish oil instead of ethel ester fish oil for this new product. Fortifeye Super Omega is a super highly purified and concentrated omega-3 fish oil in a lemon flavor. The triglyceride form allows for superior absorption without any fishy aftertaste. This new Super Omega meets or exceeds GMP quality standards and is produced in Norway in the worlds only NSF, GMP, pharmaceutically certified Omega 3 production facility. This product is triple molecularly distilled and then tested to ensure it is free of all pollutants. Every batch is tested independently by a third party for over 250 environmental contaminants. *Fortifeye Super Omega* contains 1600 mgs of Triglyceride based omega three fatty acids broken down into 860 EPA and 580 DHA making it one of the most concentrated omega three supplements on the market in a two per day dosing. *Fortifeye Super Omega* promotes overall wellness in the body and eyes and can be used in conjunction with *Fortifeye Complete Plus*, *Fortifeye Complete Macular Defense* or *Fortifeye One-A-Day Multivitamin*. *Fortifeye Super Omega* tastes great as a chewable softgel or can be swallowed without any after taste.

### **Dr. Michael P. Lange**

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Certified Nutrition Specialist

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**Author:** Dr. Michael P. Lange is a Board Certified Optometric Physician and a Certified Nutrition Specialist who started Lange Eye Care and Associates in Ocala Florida in March 1993. Lange Eye Care has grown to nine locations throughout the state of Florida with three Lasik centers. The Lange Eye Institute at The Villages in central Florida is home base for many of the nutritional studies that Fortifeye is involved in. Dr. Lange is one of the first doctors in the industry to utilize intracellular blood tests and blood absorption studies to improve the Fortifeye vitamin line. Dr. Lange travels the world for nutritional research gathering valuable information to continuously improve Fortifeye vitamin formulations. Dr. Lange is still involved in the clinical practice of eyecare. He is a guest lecturer, contributing author to many eyecare magazines, and a daily syndicated talk show host of 'Ask The Doctor' which broadcasts every weekday at 9am and Saturdays at 2pm from Tampa Bay on radio stations throughout the country and video streaming all over the world via the Internet.

