

Award-Winning Ophthalmologist Reveals . . .

New Ways to Promote Healthy Vision

Robert Abel, Jr., M.D.



*Our Eyes are our
Windows to the World
and Reflect our
Well-Being*

Carlson.

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*Our Eyes are our
Windows to
the World . . .*



*“My mission is to bring
the wisdom of traditional
medicine and new
complementary therapies
into 21st Century healing”*

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. . . and are exposed to many harmful substances in our polluted world.

Exposure to UV light rays, free radical stress, pollution, dust and debris, aging processes; all of these things can have an impact on this fragile organ.

It is also not unusual for the eye to age faster than the rest of the body due to its unique structure and demands for oxygen. It is no wonder that so many people are concerned about their eye health.

Eye health is often associated with your overall health. I am interested in providing you information not only about your eyes, but about their connection to your mind and body.

Nutrition plays an important role in eye health, and your eyes may benefit from concentrated nutrients and a healthier diet.

Dr. Abel's

Top 10 Foods for Sight:



COLD WATER FISH • (sardines, cod, mackerel, tuna) Cold water fish are an excellent source of DHA and Vitamin D. DHA provides structural support to cell membranes and is an important component of the rods and cones of the retina.

SPINACH, KALE AND GREEN LEAFY VEGETABLES • These plants are rich in carotenoids, especially lutein and zeaxanthin. Lutein, a yellow pigment, supports the macula, which is the site of absorption of light rays.

EGGS • Eggs provide cysteine, sulfur, lecithin, amino acids, lutein and more. Sulfur-containing compounds support the body's antioxidant enzyme glutathione peroxidase to help maintain lens clarity.

GARLIC, ONIONS, SHALLOTS AND CAPERS • These items are also rich in sulfur, which is necessary for the production of glutathione peroxidase, an important antioxidant for the lens of the eye and the whole body.

FRUITS AND VEGETABLES • Our mothers always told us about these . . . they were right. Fruits and vegetables contain vitamins A, C and E. The yellow vegetables, such as carrots and squash, are important for day and nighttime vision.

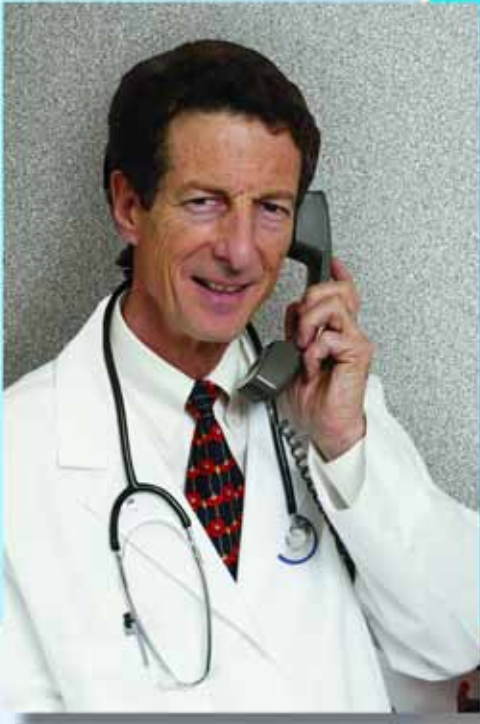
BLUEBERRIES AND GRAPES • These foods contain anthocyanins, which support night vision.

RED WINE • Known to have a cardioprotective effect, red wine is a rich source of proanthocyanidins, nutrients which support vision as well as blood flow. Moderation, however, is always very important.

NUTS AND BERRIES • These are nature's most concentrated food sources. They are rich in antioxidants, high quality proteins and oils.

VIRGIN OLIVE OIL • This is a mono-unsaturated oil, and is a healthy alternative to butter and margarine.

WATER • Although not strictly considered a food, it should be the most important constituent in our diet and we should drink six or more glasses of purified water daily while minimizing caffeinated and sugar-laden drinks.



Dr. Abel's

QUESTIONS

and

ANSWERS:

Question:

How can I promote my eye health?

Answer:

- Do not smoke
- Wear sunglasses
- Eat a balanced diet rich in fresh fruits and vegetables
- Take a daily multi-vitamin with ample DHA and lutein
- Manage medical problems
- Get regular eye exams
- Be sure your eyeglass prescription is current
- Stretch and exercise regularly
- Relax and breathe deeply
- Socialize and share
- Wear goggles as eye protection in sports activities, near occupational hazards, in the wood shop, and around the yard

Q Can I get enough nutrients from my diet to benefit my eye health?

A A balanced diet rich in fresh fruits and vegetables is the best way to obtain a broad spectrum of nutrients. But because I also live in the real world, I know that isn't always possible. We skip meals, lead stressful lives, and eat on the run, none of which is helpful to either digestion or the absorption of nutrients. It's also very difficult to acquire from diet alone the quantities of specific vitamins and nutrients shown to be beneficial to eye health. Therefore, in my opinion, it's often necessary to supplement the diet with vitamins, minerals and other nutritional substances in an intelligently designed program.

Q What is the best way to support and protect my vision?

A A good way to protect vision is to regularly wear sunglasses, even on cloudy days. A good way to support vision is to supplement your diet with a good eye formula, such as Able Eyes, which supplies substantial amounts of DHA and lutein and other nutrients to promote eye health.

Macular Pigment Density is associated with healthy retinas. Able Eyes has both DHA and Lutein which together have been found to increase macular pigment density greater than either of these nutrients alone.

Q I wear contact lenses, should I take Able Eyes™?

A People in high school, of working age, using computers, exposed to the sun, who exercise, who read a lot and are seniors . . . many of us can benefit from the eye-supporting nutrients found in Able Eyes. This is true even if you wear glasses, contact lenses or have had LASIK.

Q I have heard a lot about lutein lately. What is lutein and why is it good for me?

A Lutein is an essential member of the carotenoid family of nutrients derived from plants. It is essential because the human body does not produce it and we must rely on our food supply for it. The carotenoids lutein and zeaxanthin are found in high concentrations in and around the macula. It acts primarily in two ways: to filter light to protect the eyes from the effects of the sun and as an antioxidant to protect the eyes from the effects of free radicals and aging. Lutein is the most abundant carotenoid in all ocular tissues. Most people think that carrots with beta-carotene are most important to vision, but actually lutein found in spinach is critical for the protection of macular function. Perhaps "Popeye" knew better than "Bugs Bunny!"

Q Is there anything I can do to improve my night vision?

A As we age, many of us notice a change in night vision adaptation. Some researchers say we lose 10% of our rate of dark adaptation every decade. There are three key principles behind my recommendations to support night vision. One is to strengthen cell membranes, two is to improve circulation to the eye and, finally, three is to protect the eye from damage caused by free radicals. I created Able Eyes with these principles in mind. The five key supplements for night vision are DHA, vitamin A, lutein, bilberry and zinc. All are included in Able Eyes, along with other important vitamins, minerals and bioflavonoids critical for eye health and nutrition.

Q How can I support the health of my retina?

A The retina is the layer that lines the inside of the eye. The macula, which resides in the center of the retina, is responsible for our most detailed vision. To protect these delicate instruments, you can follow my general suggestions I have listed above to support overall eye health. In addition, because the macula is so responsive to free-radical-fighting antioxidant nutrients, nutrition is a big key to helping promote retinal health. Make sure that you eat plenty of lutein rich vegetables such as spinach and kale, or take a lutein supplement daily at mealtime. Also be sure to supply your body with the other nutrients you need such as DHA from fish oils and bioflavonoids from citrus.



VITAL NUTRIENTS for our eyes.

Supplied by **ABLE EYES™**



VITAMIN A: is an essential nutrient for visual processes including night vision. Vitamin A is also necessary for the maintenance and health of the eye membranes, helps support normal eye moisture and serves as an antioxidant. Good sources of Vitamin A are cod liver oil, eggs, butter, milk and spinach.

VITAMIN C: is essential for the production of collagen, which is a major component of eye tissue. Vitamin C helps maintain the integrity of ocular blood vessels, helps protect the eye lens and helps maintain eye tissues by preventing free radical damage. Vitamin C can be found in fruits and vegetables such as oranges, grapefruits, strawberries, sweet red peppers and broccoli.

VITAMIN E: is an important antioxidant for the entire eye, especially the retina and lens. Vitamin E may help protect the eye from the effects of UV light and also may help decrease oxidative damage to the lens, retina and other eye tissue. Vitamin E is widely distributed in vegetables and seeds, but is not found in substantial amounts in any foods.

MAGNESIUM: This mineral supports healthy blood flow to the eye. Magnesium helps maintain normal internal eye pressures by relaxing blood vessels. Magnesium is important in aiding the synthesis of glutathione peroxidase, a powerful antioxidant. Green, leafy vegetables are rich in magnesium as well as 100% bran cereal, shredded wheat and whole brown rice.

ZINC: is an important mineral critical for retina health and found in high concentrations in the eye. As we age, important zinc-dependent enzymes decline, so maintaining optimal zinc levels may become even more important for eye health. Zinc may protect eye membranes and the macula from oxidative damage. Zinc is necessary for vitamin A utilization and important enzymes for eye function require zinc. Zinc can be found in shellfish, beef, nuts and legumes.

SELENIUM: is a necessary component of the antioxidant enzyme, glutathione peroxidase, which our cells produce for protection from free radical damage. Selenium is found in higher amounts in organ meats and seafood, followed by muscle meats.

CHROMIUM: Studies have shown chromium to be important for maintaining eye health. Chromium helps maintain healthy lens clarity. Chromium can be found in varying amounts in foods such as processed meats, whole grain products, green beans and broccoli.

DHA: This highly unsaturated omega-3 fatty acid is an important component of the rods and cones of the retina, which enable vision. Maintaining healthy DHA (DocosaHexaenoic acid) levels support normal visual acuity. Fish is an excellent source of DHA and DHA can be found in substantial amounts in herring, mackerel, salmon, sardines and whitefish.

LUTEIN: a pigment, is a vital component of our retina. It helps protect the retina from the effects of UV light and free radicals. Lutein can be found naturally in fruits and vegetables such as spinach, broccoli, green beans, sweet potatoes, squash, red grapes, oranges, kiwi and mangoes.

ZEAXANTHIN: a pigment, works closely with lutein to help protect the macula area of the retina from the effects of UV light and free radicals. Zeaxanthin may also help to maintain lens clarity. Yellow corn, honeydew melon, squash, oranges, mango, kale, apricots, peaches and orange bell peppers are dietary sources of zeaxanthin.

BILBERRY, QUERCETIN AND CITRUS BIOFLAVONOIDS: support capillary strength and collagen within the eyes.

SILYMARIN: Silymarin, derived from the herb milk thistle, supports liver health. It also has antioxidant and anti-inflammatory properties. Silymarin may also lessen the depletion of glutathione, a natural antioxidant which our cells make and which is especially important for eye health.

TAURINE: is found in high concentrations in the retina, where it can help protect against the effects of UV light. Taurine protects the lens from free radical oxidation.

NAC: N-Acetyl Cysteine (NAC) is an amino acid that may help suppress photo oxidative stress and helps neutralize toxins by supporting glutathione levels.

Carlson[®] Able Eyes[™]

with

**DHA
and
Lutein**



"As an ophthalmologist for thirty years, I thought it was time to formulate a product that provides comprehensive nutrition for eye health. That is why I created Able Eyes to promote eye health and support better vision. Working with Carlson Laboratories, whom I have trusted my patients to for many years, I have found results in creating the best supplement for eyes. I hope you take this opportunity to try Able Eyes and see what I mean. Your eyes are important. They are the window to your world."

Dr. Robert Abel

**Young or old,
if you care about your eyes,
take Able Eyes.**

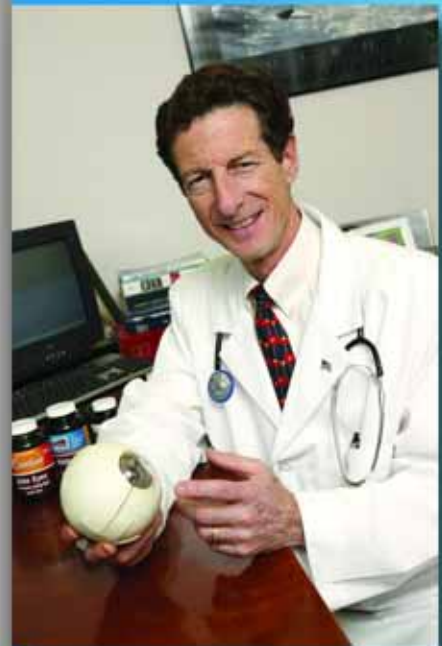
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"I'm so glad I found Able Eyes. It gives me peace of mind taking it, because I know I'm doing so much to promote my vision."

KC, FL

"Thank you, Dr. Abel, for developing this unique formula. I take one everyday and can see the difference it has made."

AB, AZ



"I'm glad someone cared enough to develop Able Eyes. I've been to ophthalmologists, but none of them ever told me about the importance of nutrition and eye health."

RJ, NY



*“My goal is to
help keep you and
your eyes healthy
for your lifetime.”*

Robert Abel, Jr., M.D.

Dr. Robert Abel is a graduate of Wesleyan University and Jefferson Medical College. He performed his ophthalmology training at the Mount Sinai Medical Center and a cornea transplant fellowship at the University of Florida. Dr. Abel co-founded the alternative medicine curriculum at Thomas Jefferson University, where he is a clinical professor of ophthalmology. He has helped found eye banks, holds patents on artificial corneas, and has received the Senior Honor award from the American Academy of Ophthalmology. Dr. Abel is a nationally known teacher of both conventional eye therapy and newer alternative methods.

While specializing in eye care for 30 years, Dr. Abel has written several books, published 120 journal articles, has written 12 chapters for other author's books and has made numerous radio and television appearances, including segments broadcasted on the Discovery Channel and PBS.

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