

# Dr. Michael Lange Discusses Omega 3, Astaxanthin, and Non Denatured Whey Protein Concentrate for Dry Eyes

Dr. Michael Lange has been involved in nutritional eye care for over 20 years. He has also been in Research and Development of nutritional supplements for the eye care industry. Dr. Michael Lange is an Optometrist and a Certified Nutritional Specialist. With these credentials he went on to found his practice of Lange Eye Care, Lange Eye Institute of the Villages and Fortifeye Vitamins.

In 2016, the Lange Eye Institute became a "Dry Eye Center of Excellence". On a daily basis, Dr. Lange discusses nutritional supplementation, dietary changes, and lifestyle changes to his patients with Macular Degeneration and Dry Eye Syndrome. A typical patient of Dr. Lange's would be an elderly individual with

Macular Degeneration, Glaucoma, dry eyes, and a host of systemic illnesses. Dr. Lange then puts a plan in action for progress and improvement in these conditions.



Dry Eye is one of the most common problems patients are plagued with. Dry Eye is an ocular condition that can be helped dramatically with proper diet, lifestyle changes, and proper supplementation. Dr. Lange states there are five things he preaches to his patients and on his radio show "Ask the Dr" that will completely eliminate dry eye. They are:

1. Clean the lids
2. Heat the lids
3. Nutrify the glands
4. Lubricate the eye
5. Hydrate the body

This article is going to expand on the nutritification of the glands, step 3. Most Americans have an omega index of less than 4. The omega index must be over 8 to gain the heart health benefits of Omega 3. The Omega index is the ratio of Omega 3 and Omega 6 in the blood. Too much Omega 6 causes inflammation. An Omega index over 8 is a therapeutic level.



To achieve this high level of Omega, Dr. Lange developed a Triglyceride form of Omega 3 Fish Oil called **Fortifeye Super Omega**. Taking two capsules a day of this product has shown impeccable improvement in Dr. Lange's dry eye patients. Since Dry Eye Syndrome is an inflammatory condition, Dr. Lange's anti-inflammatory **Fortifeye Super Omega** at two times a day responds to the condition well. The goal is to get a therapeutic dose of Omega 3 in just two capsules a day, **Fortifeye Super Omega** achieves that goal.

\$27 Retail per bottle, 60 capsules (Most cost effective Triglyceride form in the industry)

Supplement Facts		
Serving Size: 2 softgels		
Servings Per Container: 30		
Per Two Softgels	Amt/Serv	%DV
Calories (energy)	30	
Calories from fat	30	
Total Fat	3 g	4%*
Saturated Fat	0 g	0%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0 g	†
Trans Fat	0 g	†
Omega-3 as TG**	1600 mg	†
EPA (C20:5 n-3) as TG**	860 mg	†
DHA (C22:6 n-3) as TG**	580 mg	†

\* Percent Daily Value is based on a 2000 calorie diet.  
 \*\* Superior Natural Triglyceride Form.  
 † Daily value (DV) not established.

**Ingredients:** Highly Purified and Concentrated Omega-3 Fish Oil, Natural Lemon, Capsule Shell (gelatin, glycerin, and purified water), and natural mixed tocopherols are part of an antioxidant blend that also contains rosemary extract and ascorb palm.

**Suggested Use:** Two softgels daily, or as directed by physician.

Most competitor Omega 3 Fish oils you can buy over the counter have very low levels of Omega 3 (EPA and DHA) and are in a less bio available form called ethyl ester fish oil. Dr. Lange recommends for patients 240lbs and less to take 2 daily, anyone over 250 pounds should be taking 2-4 **Fortifeye Super Omega** Daily to help reduce the signs and symptoms of dry eye. Omega 3 also helps reduce surface inflammation in the Meibomian glands and allows for a much healthier tear film along with helping reduce surface inflammation of the cornea. **Fortifeye Super Omega** is a one stop shop for ocular health period!

Two more nutritional steps that work synergistically with our Triglyceride base fish oil at reducing dry eye signs and symptoms are the addition of 6mg of Astaxanthin and drinking a non denatured whey protein concentrate. Not just any whey protein, whey that comes from year round grass fed A2 cows. Astaxanthin is more powerful than just lutein or zeaxanthin at quenching free radicals. Astaxanthin is also one of the most powerful and natural anti-inflammatory nutrients. Astaxanthin travels the blood retinal barrier and actually makes it into the eye. While providing all of these benefits, Astaxanthin also improves ciliary muscle functioning ability and thus improves amplitude of accommodation in reducing eye fatigue from prolong near point tasks, such as computer work, television, or smart phone use.

You are probably wondering where you can get all of this.

Dr. Lange introduces **Fortifeye Focus**. **Fortifeye Focus** is a combination of Lutein, Zeaxanthin and 6 mg Astaxanthin. There is now ample evidence that the blue violet light from the sun and man made light The combination of these 3 carotenoids also acts as an internal and external UV and Blue Light Filtering mechanism.

## Fortifeye® Focus

Supplement Facts		
Serving Size: 1 Softgel Daily		
Serving Per Container: 30		
	Amount Per Serving	% Daily Value
Natural Astaxanthin (AstaReal®) (from <i>Haematococcus pluvialis</i> algae extract)	6 mg	-
FloraGlo® Lutein	6 mg	-
Zeaxanthin	400 mcg	-

**Other Ingredients:** Virgin Olive Oil, Capsule Shell - Vegetarian (no color).  
 \* Daily Value (DV) not established.



Dr. Lange has seen many dry eye patients gain further benefit with the addition of one **Fortifeye Focus** gel cap per day.

\$27 Retail per bottle, 30 gel caps

The addition of a non denatured year round grass fed whey protein concentrate from an A2 cow's milk is a great way to jump start your immune system. One of the largest nutritional deficiencies found in dry eye and macular degeneration patients found through intracellular blood analysis performed at the Lange Eye Institute was Glutathione. The best way to eliminate this deficiency of Glutathione is by drinking such whey protein concentrate. This type of protein offers high levels in CLA, lactoferrin, and covalent bonded cysteine. These three nutrients are often times lacking in the typical American's diet.

Dr. Lange introduces his new protein powder, **Fortifeye Super Protein**. **Fortifeye Super Protein** is offered in either Vanilla or Chocolate flavors with 20 servings per container. Each serving is good for an 8-10oz drink of choice. You can mix simply with water or make your own protein shake with fruits or any other ingredients of choice.



**Fortifeye Super Protein** retails at \$45 a container.

## Fortifeye® Super Protein

Supplement Facts		
Serving Size: 27 grams		Servings per Container: 20
	Amount Per Serving	%Daily Value
<b>Calories</b>	102	
Calories from Fat	13	
<b>Total Fat</b>	1.4g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	44mg	15%
<b>Sodium</b>	41mg	2%
<b>Total Carbohydrate</b>	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	20g	40%
Percent Daily Values (DV) are based on a 2,000 calorie diet.		

**VANILLA INGREDIENTS:** Whey Protein Concentrate (rBGH Free), Natural Vanilla Flavor, Sunflower Lecithin, Stevia Leaf Extract

Contains Milk

## Fortifeye® Super Protein

Supplement Facts		
Serving Size: 27 grams		Servings per Container: 20
	Amount Per Serving	%Daily Value
<b>Calories</b>	102	
Calories from Fat	13	
<b>Total Fat</b>	1.4g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	44mg	15%
<b>Sodium</b>	41mg	2%
<b>Total Carbohydrate</b>	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	20g	40%
Percent Daily Values (DV) are based on a 2,000 calorie diet.		

**CHOCOLATE INGREDIENTS:** Whey Protein Concentrate (rBGH Free), Organic Cocoa Bean Powder, Natural Chocolate Flavor, Sunflower Lecithin, Stevia Leaf Extract

Contains Milk

**Dr. Michael Lange, OD CNS**