SUPPORT YOUR VISION

Research has shown that 22 mg of carotenoids in a 10:10:2 ratio increases macular pigment density, which supports eye health and visual function.

DID YOU KNOW?

The average person consumes only one to two milligrams of macular carotenoids daily.[6]

HOW MUCH IS NEEDED?

While there is not a defined Recommended Daily Value for macular carotenoids, studies of healthy individuals[7] and the human diet through evolution[8] show that 20–25 mg of macular carotenoids is an appropriate daily goal.

Spinach has one of the highest levels of Lutein and Zeaxanthin; one cup (25 g) contains 3 mg of Lutein+Zeaxanthin.[9] To reach the daily goal, one would need to consume 7 cups (175 g) of spinach which does not contain the third macular carotenoid, Meso-Zeaxanthin.



MacuHealth®

with Micro-Micelle™ Technology

(866) 704-0845
info@macuhealth.com

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Nutrition you can see

SUPPLEMENT FACTS

Serving Size: 1 Softgel, Servings Per Container: 90

Amount Per Serving		% DV
Lutein (L)	10 mg	**
Meso-Zeaxanthin (MZ)	10 mg	**
Zeaxanthin (Z)	2 mg	**

** % Daily Value (DV) not established

Other Ingredients: Sunflower Oil, Gelatin Capsule (Gelatin, Glycerin, Purified Water, Annatto), Marigold Flower Extract, Yellow Beeswax, Sunflower Lecithin, Ascorbyl Palmitate, D-Alpha-Tocopherol Acetate.

Directions: Take 1 softgel daily, preferably with a meal.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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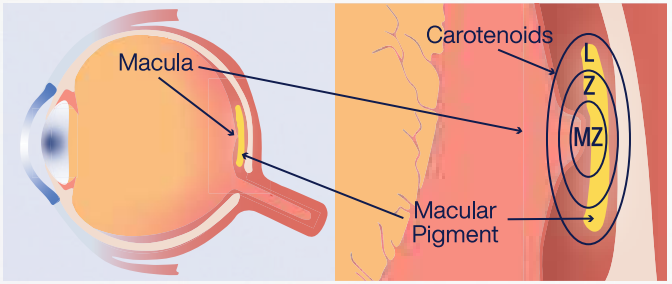
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MACULAR PIGMENT

The macula is a small but important part of the retina, located at the back of the eye. It is responsible for detailed central vision, which allows you to recognize faces, read fine text, and appreciate the rich colors of the world. Three potent antioxidants called carotenoids, Lutein (L), Zeaxanthin (Z) and Meso-Zeaxanthin (MZ), are found in high concentration in the macula. Together, they are collectively known as macular pigment.



THE BENEFITS OF HIGH MACULAR PIGMENT

Protects Against Oxidative Stress

The carotenoids of the macular pigment are antioxidants protecting the sensitive cells in the retina from oxidative damage caused by light exposure and metabolic activity.[1]

Enhances Visual Function

Studies have shown that higher macular pigment density is associated with improved contrast sensitivity,[2] better vision in glare and faster photostress recovery times.[3]

Internal Blue Light Filter

High-energy blue light from sunlight and digital devices is absorbed by macular pigment,[4] as illustrated in Figure 1. It is our own internal blue light filter protecting our central vision.



WHAT ARE CAROTENOIDS?

Carotenoids are natural pigments our bodies can't make on their own, so we need to get them from our diet. There are over 600 carotenoids in nature, but humans only consume about 50. Only three of these carotenoids accumulate in the retina: Lutein, Zeaxanthin and Meso-Zeaxanthin. These powerful antioxidants play a crucial role in supporting the macula from oxidative stress by absorbing harmful blue light and neutralizing free radicals.[5] Key dietary sources of carotenoids include brightly colored fruits and vegetables, leafy greens and egg yolks.

SUPPLEMENTATION IS KEY

Maintaining healthy levels of macular pigment is important for long-term eye health. Supplementation with the three macular carotenoids is key to keeping your macular pigment at a healthy level.

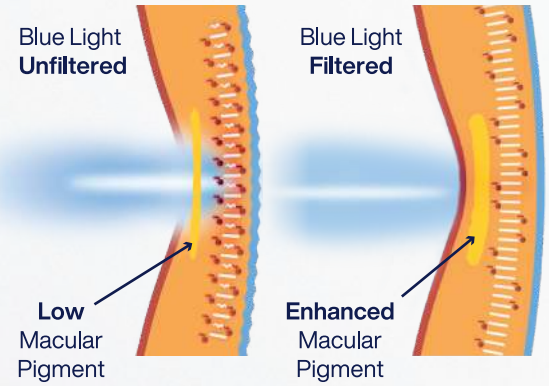


Figure 1: An Illustration of how macular pigment filters blue light.

DOCTOR RECOMMENDED

Numerous clinical trials have demonstrated significant benefits from regular supplementation with the ingredients found in MacuHealth. The 10:10:2 Triple Carotenoid Formula has been shown to accumulate in the retina increasing macular pigment density, which can improve contrast sensitivity and vision in glare and low light situations.



THIRD PARTY TESTED

Every batch of MacuHealth is tested by independent, third party labs to ensure it meets label claims and remains safe and stable throughout its entire shelf life. MacuHealth is certified by Informed Sport, NSF Sport, and Supplement Certified.

Ask your doctor how MacuHealth can help!

Learn more at
MacuHealth.com

