

# MacuHealth® Product Guide



**Nutrition You Can See**



### **A Few Words From Jim Stringham, Ph.D.**

Chief Scientific Officer, MacuHealth

Science is the pursuit of truth. As the Chief Scientific Officer for MacuHealth, I help to ensure that this truth forms the foundation of everything we do. We take a great deal of pride knowing that our products are helping people and improving their lives. And we're by no means done. As science evolves, so do we.

I am trained as a vision scientist, and vision plays a vital role in the quality of life. Indeed, of all the senses, eyesight is perhaps the most important; even a single glance reveals the richness of the world and brings significant meaning to life.

Our mission at MacuHealth is to create products that resonate with this notion: that supporting visual health leads to an enhanced quality of life. It's consistent, of course, with the primary goal of eye care providers — to provide the best care for your patients so that they may experience all the benefits of good vision. Working together, we can achieve these goals.

## Behind The Science

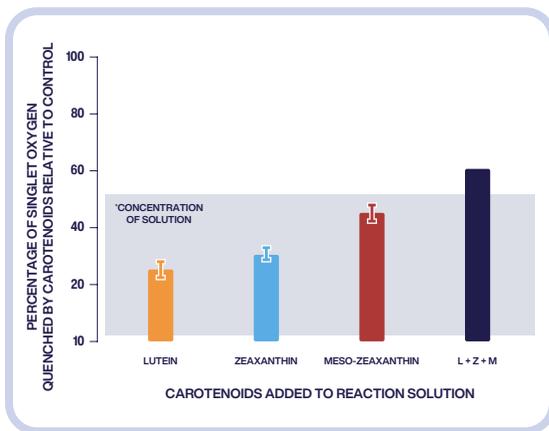
MacuHealth is a leader in the eye supplement industry focused on innovation and providing high quality products formulated with pure, stable ingredients to help enhance your nutritional journey.

Our company redefined industry standards with our Triple Carotenoid Formula, which contains a patented 10:10:2 mg ratio of Lutein, Meso-Zeaxanthin and Zeaxanthin.

The ingredients in each of our products have been independently researched for over a decade and are third-party tested for safety, potency, stability, integrity and bioavailability. We're also verified to be free from banned substances by NSF and Informed Sport.

## Why Meso-Zeaxanthin?

What sets MacuHealth apart from other eye supplements is the inclusion of the third essential carotenoid: Meso-Zeaxanthin. Numerous peer-reviewed studies support that supplementing with Meso-Zeaxanthin provides far superior results than taking Lutein and Zeaxanthin alone.<sup>1</sup>



1. Li et al. 2010. doi:10.1016/j.abb.2010.07.024



## Third Party Tested

Each batch of MacuHealth products is examined by independent firms to ensure it is safe and stable for the shelf life of the product.



SUPPLEMENT CERTIFIED  
BY NICE WATERFORD IRELAND





MacuHealth

**MacuHealth®**

with Micro-Micelle™ Technology

TRIPLE CAROTENOID FORMULA\*

POWERFUL ANTIOXIDANT\*

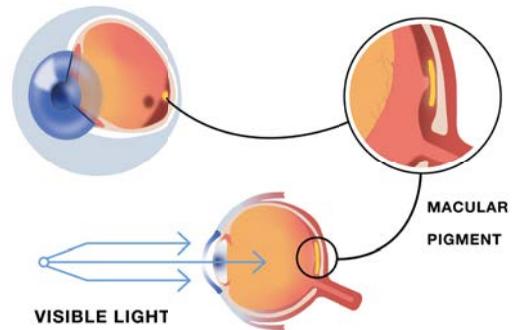
OCULAR NUTRITION SUPPLEMENT

90 SOFTGELS | DIETARY SUPPLEMENT

# MacuHealth<sup>®</sup>

MSRP: \$82.95

MacuHealth's formulation is based on years of studies and clinical trials worldwide. MacuHealth contains the three essential and powerful antioxidants called carotenoids — Lutein, Meso-Zeaxanthin and Zeaxanthin. The 10:10:2 ratio of these carotenoids has been demonstrated to increase macular pigment density, which contributes significantly to visual function.



In peer-reviewed studies, **100% of participants** using a 10:10:2 triple-carotenoid formula experienced improvements in macular pigment optical density.<sup>1,2</sup>

## Clinical Study Results of 10:10:2 Carotenoid Formula:

**85%** of patients experienced improved contrast sensitivity in 12 months.<sup>1</sup>

**90%** of patients experienced improved glare tolerance after 24 months.<sup>2</sup>

**93%** of patients experienced improved vision in low-light conditions.<sup>2</sup>

## Benefits of Increased Macular Pigment Density:

- ✓ Boosts Contrast Sensitivity
- ✓ Helps To Reduce Glare
- ✓ Improves Photostress Recovery



Simulation of how an increased macular pigment density can improve vision in glare.

## 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) are based on a 2,000 calorie diet

† 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.

1. Nolan et al. 2016. doi:10.1167/iovs.16-19520  
2. Akuffo et al. 2017. doi:10.1167/iovs.16-21192



MacuHealth

# MacuHealth+

with Micro-Micelle™ Technology

TRIPLE CAROTENOID FORMULA\*

25 mg OF ZINC PER DAILY DOSE

OCULAR NUTRITION SUPPLEMENT

360 SOFTGELS | DIETARY SUPPLEMENT

# MacuHealth<sup>®</sup>+

MSRP: \$94.95

MacuHealth+ contains the key ingredients that have been shown to accumulate in the retina, increasing macular pigment density, including:

## 1 Meso-Zeaxanthin

Peer reviewed studies have shown that the combination of all three carotenoids, Lutein, Meso-Zeaxanthin and Zeaxanthin, makes a significantly more powerful antioxidant.<sup>1</sup>

## 2 Low Levels of Zinc

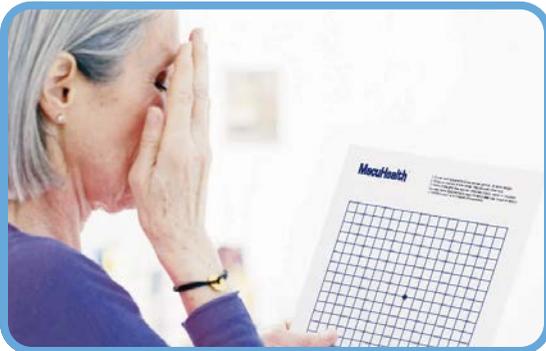
MacuHealth+ contains 25 mg of zinc, which is below the National Institutes of Health's (NIH) daily tolerable limit.

### Normal Vision

### Compromised Vision



Simulation to represent the differences between normal vision and compromised vision.



A woman covering her right eye while focusing on an Amsler grid for symptoms of age related eye issues.



## Benefits of Increased Macular Pigment Density:

- ✓ Antioxidant & Anti-Inflammatory
- ✓ Improved Contrast Sensitivity
- ✓ Improved Vision In Low Light Conditions

## Supplement Facts

Serving Size: 4 Softgels, Servings Per Container: 90

Amount Per Serving		% DV**
Calories	15	
Total Fat	1 g	1%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin E (as D-Alpha-Tocopherol)	268 mg	1,787%
Zinc (as Zinc Oxide)	25 mg	227%
Copper (as Cupric Oxide)	1.2 mg	133%
Lutein (L)	10 mg	†
Meso-Zeaxanthin (MZ)	10 mg	†
Zeaxanthin (Z)	2 mg	†

\*\* % Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value (DV) not established

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

Directions: Take 4 softgels daily, preferably with a meal.



MacuHealth

# MacuHealth<sup>®</sup> DM

A Daily Metabolic Supplement<sup>®</sup>

TRIPLE CAROTENOID FORMULA\*

500 mg OMEGA-3s & 5 mg ZINC

OCULAR NUTRITION SUPPLEMENT

180 SOFTGELS | DIETARY SUPPLEMENT

# MacuHealth<sup>®</sup>DM

MSRP: \$94.95

Metabolic health is a growing concern for many Americans. Metabolic health is described as having ideal levels of blood sugar, triglycerides, high-density lipoprotein (HDL) cholesterol, blood pressure and waist circumference, without using medications. These factors directly relate to a person's risk for heart disease, diabetes, and stroke.

MacuHealth DM is a dietary supplement that provides a multi-faceted approach to support metabolic and eye health with targeted nutrients.

## 1 Macular Carotenoids

Lutein, Zeaxanthin and Meso-Zeaxanthin support eye health, visual performance and help against environmental stressors.

## 2 Omega-3s: EPA & DHA

These fatty acids support eye health and are involved in neural function for visual perception.

## 3 Metabolic Nutrients

The following ingredients have been found in dozens of peer-reviewed, scientific publications to support glucose metabolism and overall metabolic balance:

Vitamin B-12	Manganese
Selenium	Chromium
Magnesium	Vanadium

Consistency is a key component to experience the benefits of MacuHealth DM. A daily regimen helps ensure that your body receives a steady supply of essential nutrients for metabolic and eye health support.

## Added Metabolic Support From MacuHealth DM:



Supports the antioxidant, anti-inflammatory and glucose metabolism functions.



Provides key nutrients like macular carotenoids, omega-3s and essential vitamins and minerals.

## Supplement Facts

Serving Size: 2 Softgels, Servings Per Container: 90

Amount Per Serving		% DV**
Calories	8	
Calories From Fat	7	
Total Fat	.8 g	<1%
Cholesterol	1 mg	<1%
Protein	.23 g	<1%
Vitamin E	25 mg	166.67%
Vitamin B-12	2 mcg	83.33%
Magnesium	50 mg	11.90%
Zinc	5 mg	45.45%
Selenium	25 mcg	45.45%
Manganese	1 mg	43.48%
Chromium	20 mcg	57.14%
Omega-3 Fish Oil		
DHA (Docosahexaenoic Acid)	250 mg	†
EPA (Eicosapentaenoic Acid)	250 mg	†
Vanadium	20 mcg	†
Lutein (L)	10 mg	†
Meso-Zeaxanthin (MZ)	10 mg	†
Zeaxanthin (Z)	2 mg	†

\*\* % Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value (DV) not established

Other Ingredients: Gelatin Capsule (Gelatin, Glycerin, Water, Annatto), Sunflower Oil, Beeswax, Sunflower Lecithin.

Directions: Take 2 softgels daily, preferably with a meal.



MacuHealth™

**VISIONEDGE 300**

with Micro-Micelle™ Technology

TRIPLE CAROTENOID FORMULA\*

300 mg DHA + EPA

OCULAR NUTRITION SUPPLEMENT

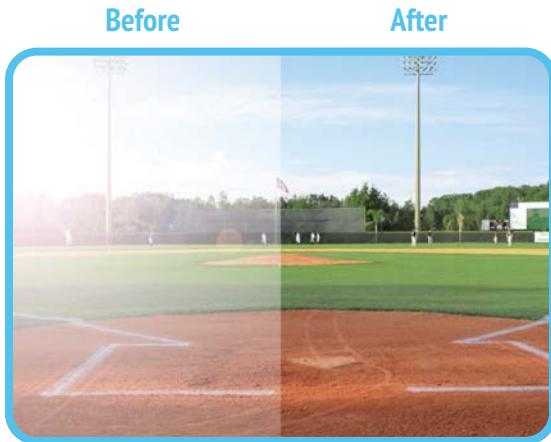
90 SOFTGELS | DIETARY SUPPLEMENT

# VISIONEDGE PRO

MSRP: \$88.95

Vision Edge PRO contains all three macular carotenoids in a 10:10:2 ratio of Lutein, Meso-Zeaxanthin and Zeaxanthin and 300 mg of DHA+EPA omega-3 fish oil. The 10:10:2 ratio of carotenoids has been shown to accumulate in the retina increasing the macular pigment density, which can improve contrast sensitivity, vision in glare, and vision in low light.

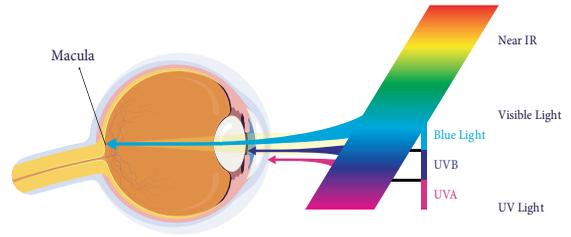
DHA and EPA omega-3 fish oil has been shown to work synergistically with the macular carotenoids<sup>1</sup> and most health organizations recognize that 300 mg of DHA+EPA meets the minimum daily requirement for omega-3s.



Simulated representation of a high-glare and low-glare experience.

They say life is a game of inches, but it actually comes down to milliseconds. If you can react faster, you'll perform better. Increased screen time and the blue light exposure that comes with it can generate increased free radicals and inflammation in the retina, compromise visual comfort and diminish visual functions.

The 10:10:2 triple carotenoid formula has been shown to increase macular pigment density which has the role of absorbing harmful high-energy blue light.



The macular pigment in the eye absorbs blue light.

## Benefits of Increased Macular Pigment Density:

- ✓ Blue Light Absorption
- ✓ Increased Contrast Sensitivity
- ✓ Improved Vision In Glare

## Supplement Facts

Serving Size: 1 Softgel, Servings Per Container: 90

Amount Per Serving		% DV**
Calories	5	
Total Fat	.5 g	1%
DHA (as Docosahexaenoic Acid)	250 mg	†
EPA (as Eicosapentaenoic Acid)	50 mg	†
Lutein (L)	10 mg	†
Meso-Zeaxanthin (MZ)	10 mg	†
Zeaxanthin (Z)	2 mg	†

\*\* % Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value (DV) not established

Other Ingredients: Fish Oil, Gelatin Capsule (Gelatin, Glycerin, Purified Water, Annatto, Lemon Flavor), Yellow Beeswax, Lemon Flavor, Sunflower Lecithin, Ascorbyl Palmitate and Natural Mixed Tocopherols.

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

1. Johnson et al. 2008. doi:10.1179/147683008X301450.



MacuHealth

# VitreousHealth

Formula Enriched with Antioxidants  
& Key Nutrients

POWERFUL ANTIOXIDANTS

ESSENTIAL AMINO ACID

OCULAR NUTRITION SUPPLEMENT

90 CAPSULES | DIETARY SUPPLEMENT

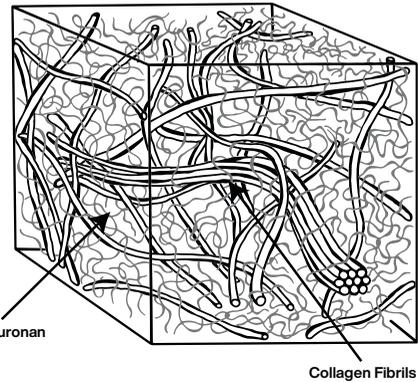
# VitreousHealth® MSRP: \$67.95

Research shows the vitreous loses nutrients over time, which can cause the collagen fibers inside to glycate. These clumps, called floaters, are seen visually as bits of debris floating inside the eye and can be rather frustrating.

VitreousHealth contains antioxidant and antiglycative nutrients found in the vitreous humor, the gel that makes up 80% of the eye's volume. The meticulously selected ingredients in VitreousHealth are dedicated to promoting visual comfort.

## Formula For Eye Floaters:

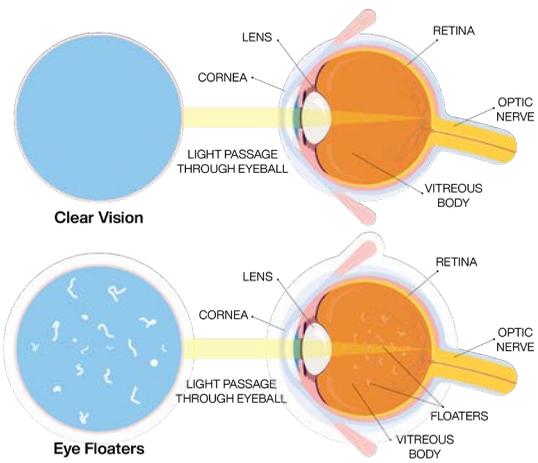
If floaters interfere with your daily life, you're not alone. In a recent survey, 76% of respondents reported seeing floaters, with a third of them stating that theirs were moderate to severe.<sup>1</sup>



### Structure of the Vitreous:

Two networks are responsible for maintaining the vitreous' gel structure:<sup>2</sup>

- ✓ A network of collagen fibrils maintains the vitreous gel state, providing it with tensile strength.
- ✓ Hyaluronan fills the spaces between these collagen, allowing for a swelling pressure to inflate the gel.



### Supplement Facts

Serving Size: 1 Capsule, Servings Per Container: 90

Amount Per Serving		% DV**
Zinc	5 mg	45%
Vitamin C	40 mg	45%
Grape Seed Extract	26.3 mg	†
of which Proanthocyanidins	25 mg	†
Citrus Aurantium Fruit Extract	100 mg	†
of which Bioflavonoids as Hesperidin	60 mg	†
L-Lysine	125 mg	†

\*\* % Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value (DV) not established

Other Ingredients: Hydroxypropyl Methyl Cellulose, Microcrystalline Cellulose, Silica, Magnesium Stearate.

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

1. Webb, Blake F et al. "Prevalence of vitreous floaters in a community sample of smartphone users." International journal of ophthalmology vol. 6,3 402-5. 18 Jun. 2013, doi:10.3980/j.issn.2222-3959.2013.03.27  
 2. Le Goff, M., Bishop, P. Adult vitreous structure and postnatal changes. Eye 22, 1214-1222 (2008). <https://doi.org/10.1038/eye.2008.21>



MacuHealth

  
TG OMEGA-3  
FISH OIL

1,100 mg DHA + 1,100 mg EPA

rTG FORMULATION

TRACEABLE TO THE SOURCE

120 SOFTGELS | DIETARY SUPPLEMENT

# TG OMEGA-3

MSRP: \$47.95

Our re-esterfied formula of TG Omega-3 Fish Oil boasts a balanced ratio of EPA and DHA, two essential fatty acids renowned for their multitude of benefits. These nutrients are typically obtained through dietary sources such as oily fish, shellfish or via convenient supplementation.

-  Provides 2,450 mg of total omega-3s rich in EPA and DHA.
-  Distilled up to 5 times to eliminate toxins & any unpleasant fishy taste.
-  Offers customized dosing options tailored to meet individual patient-specific needs.
-  Sourced from the cold waters off of the western coast of South America and each bottle can be traced back to its source.



Friend of the Sea is the only sustainable fisheries certification process recognized and supervised globally by a National Accreditation Body.

1. Horrocks LA, Yeo YK. Health benefits of docosahexaenoic acid (DHA). *Pharmacol Res.* 1999 Sep;40(3):211-25. doi: 10.1006/phrs.1999.0495. PMID: 10479465.

2. Heilesen JL, Harris DR, Tomek S, Ritz PP, Rockwell MS, Barringer ND, Forshe JS, Funderburk LK. Long-Chain Omega-3 Fatty Acid Supplementation and Exercise-Induced Muscle Damage: EPA or DHA? *Med Sci Sports Exerc.* 2023 Nov 27. doi: 10.1249/MSS.0000000000003332.



## Scan For Video

Learn about the small, sustainably sourced cold-water fish used for TG Omega-3.

## Benefits of Fish Oil Supplementation:

### Brain & Eye Health —

✓ **DHA is the major fatty acid component of both the retina and brain, where it provides functional and health benefits.<sup>1</sup>**

### Health & Fitness —

✓ **Fish oil supplementation is associated with enhanced muscle recovery after intense exercise.<sup>2</sup>**

## Supplement Facts

Serving Size: 4 Softgels, Servings Per Container: 30

Amount Per Serving		% DV**
Calories	35	
Calories from Fat	30	
Total Fat	3.5 g	5%
Cholesterol	<10 mg	2%
Protein	1 g	2%
<b>Total Omega-3</b>	<b>2,450 mg</b>	<b>†</b>
DHA	1,100 mg	†
EPA	1,100 mg	†
Other Omega-3	250 mg	†

\*\* % Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value (DV) not established

Other Ingredients: Fish Oil, Gelatin, Glycerin, Purified Water, Natural Lemon Flavor, Antioxidant (Rosemary Extract, Sunflower Oil, Natural Tocopherols, Ascorbyl Palmitate).

**Contains Fish (Anchovy, Sardine, Mackerel)**

Directions: Take up to 4 softgels daily, preferably with a meal.



## Empower Your Patients

Using advanced and scientifically supported technology, LifeMeter measures a patient's carotenoid concentration in their skin, a key indicator of visual and overall health.<sup>1</sup> This non-invasive test can be completed in less than three minutes.

The LifeMeter assessment empowers you to confidently talk to patients about nutrition. Motivate your patients to make positive changes to both visual and systemic health.

## How It Works:

LifeMeter uses reflection spectroscopy to measure the level of carotenoids in the skin. The patient places a fingertip in LifeMeter and will get results in less than three minutes.

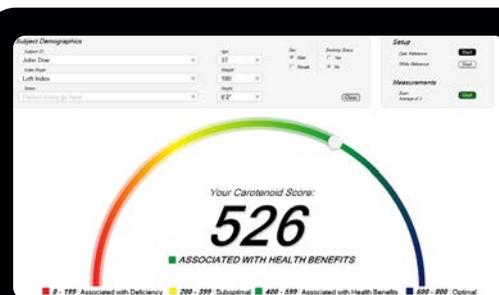


LifeMeter is supported by over 40 peer-reviewed publications that have evaluated its validity in populations varying in age, ethnicity, race and health status.

1. Conrady CD, Bell JP, Besch BM, Gorusupudi A, Farnsworth K, Ermakov I, Sharifzadeh M, Ermakova M, Gellermann W, Bernstein PS. Correlations Between Macular, Skin, and Serum Carotenoids. Invest Ophthalmol Vis Sci. 2017 Jul 1;58(9):3616-3627. doi: 10.1167/iiov.17-21818. PMID: 28728169; PMCID: PMC5520678.

## Key Benefits of LifeMeter:

-  **Quick & Non-Invasive**  
 The test takes less than 3 minutes, no pricks or pokes.
-  **Accurate Measurement**  
 Scientifically evaluated in over 40 peer-reviewed studies.
-  **Compact & Portable**  
 Easy to set up in practice or transport for mobile exams.
-  **Establish Importance of Nutrition**  
 Patients will see the connection between their diet, visual and systemic health.
-  **Encourage Compliance**  
 Motivate patients to implement and maintain dietary changes and supplementation.
-  **Provider Independence/Flexibility**  
 No contracts or sales requirements.



-  600-800 | Optimal
-  400-599 | Associated with Health Benefits
-  200-399 | Suboptimal
-  0-199 | Associated with Deficiency

**T H E M A C U  
H E A L T H  
D I F F E  
R E N  
C E**

# Becoming A MacuHealth Provider

MacuHealth has several supplements that support the entire eye and offers three solutions to get our product to your patients.

## 1 In-Practice Retail

Have MacuHealth products ready in your office to serve your patient's needs directly to ensure they're adhering to their prescribed treatment. It's the most convenient method for your practice and patients to administer our supplements in your office.

## 2 Direct To Patient

Let us be your shipping department! Provide your patients with the best eye supplements available without carrying the inventory. Use our convenient online doctor portal. We'll bill your practice and send the order directly to the patient.

## 3 Doctor Prescription Program

Provide your patients with a unique doctor's Rx code and earn a referral fee for each bottle ordered on our website or through our customer service line. They'll save 10% on their first order when using the code.



MacuHealth product family from left to right: Vision Edge PRO, TG Omega-3 Fish Oil, MacuHealth, MacuHealth+, VitreousHealth, MacuHealth DM.

## What Do You Receive As A MacuHealth Provider:



### The Tools You Need

We want you to succeed, and we'll supply your office with all the brochures, flyers and digital assets available to help successfully implement MacuHealth into your practice.



### The Knowledge You Trust

We offer training tailored to your practice to educate you and your staff on the benefits of MacuHealth's family of products.



### A Dedicated Sales Specialist

Unlike most supplement companies, our team is here to help you incorporate MacuHealth into your practice's treatment protocol.

## Want To Know More?

For more information about MacuHealth products and programs, call (866) 704-0845 for Customer Service or email [info@macuhealth.com](mailto:info@macuhealth.com).

## Find Us On Social Media!



@MacuHealth



# MacuHealth<sup>®</sup>

Learn More At:  
[www.MacuHealth.com](http://www.MacuHealth.com)

# Enhance Your Nutritional Journey With MacuHealth



# MacuHealth®

For more information about MacuHealth products and programs, call (866) 704-0845 for Customer Service or email [info@macuhealth.com](mailto:info@macuhealth.com).



Learn More At:  
[www.MacuHealth.com](http://www.MacuHealth.com)

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