

MacuHealth®

PRODUCT GUIDE



Eye Care Supplements for Every Stage of Life

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

www.MacuHealth.com



FOREWORD BY 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.

Sincerely,



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 that can care for the whole eye at every stage of life.

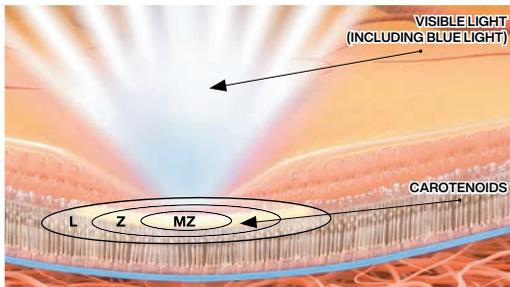
Our company redefined industry standards with our Triple Carotenoid Formula, which contains a patented 10:10:2 mg ratio of Lutein, Meso-Zeaxanthin and Zeaxanthin.

The ingredients 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.

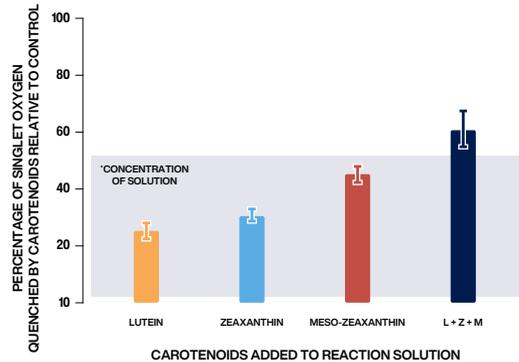
The Role of Macular Pigment

The macular pigment in the eye absorbs harmful high-energy blue light from sunlight and digital devices. Three carotenoids, Lutein, Meso-Zeaxanthin and Zeaxanthin, make up the macular pigment.

The average person consumes only one to two milligrams of macular carotenoids daily in their normal diet.¹ Carotenoid supplementation has been shown to increase macular pigment density supporting the macular pigment's role in eye health and visual function.



View of the macular pigment and respective areas where the three carotenoids accumulate.



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.²

Supplement Certified

The independent firm Supplement Certified®, a global leader in food supplement testing, examines every batch of our carotenoid and omega-3 products to ensure it is safe and stable. This means that each bottle contains the level of nutrients shown on the label and our active ingredients will not degrade over the shelf life of the product.



SUPPLEMENT CERTIFIED
BY NRCI WATERFORD IRELAND

1. Johnson, E. J., Maras, J. E., Rasmussen, H. M., & Tucker, K. L. (2010). Intake of lutein and zeaxanthin differ with age, sex, and ethnicity. *Journal of the American Dietetic Association*, 110(9), 1357–1362. <https://doi.org/10.1016/j.jada.2010.06.009>
2. Li et al. 2010. doi:10.1016/j.abb.2010.07.024

MacuHealth

MSRP: \$79.95

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.

CLINICAL STUDY RESULTS OF 10:10:2 FORMULA:

- 85% of patients experienced improved contrast sensitivity in 12 months¹
- 90% of patients experienced improved glare tolerance after 24 months²
- 93% of patients experienced improved vision in low-light conditions²

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



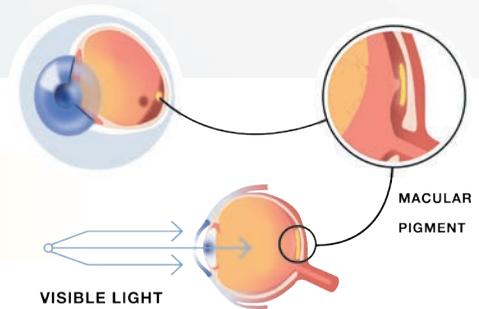
Simulation of how an increased macular pigment density can improve vision in glare.

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



BENEFITS OF INCREASED MACULAR PIGMENT DENSITY:

- ✓ Boosts contrast sensitivity
- ✓ Helps to reduce glare
- ✓ Improves photostress recovery



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, Tween 80, Soy Lecithin, Ascorbyl Palmitate, D-Alpha-Tocopherol Acetate. **Contains Soy.**

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

MacuHealth[®]



MacuHealth+ MSRP: \$91.95

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.¹
- 2 Low Levels of Zinc**
MacuHealth+ contains 25 mg of zinc, which is below the National Institutes of Health's daily tolerable limit.

1.Binxing Li, Fascial Ahmed, Paul S. Bernstein. Studies on the singlet oxygen scavenging mechanism of human macular pigment. Arch. Biochem. Biophys. (2010), doi:10.1016/j.abb.2010.07.024



BENEFITS OF INCREASED MACULAR PIGMENT DENSITY:

- ✓ Antioxidant and anti-inflammatory
- ✓ Improved contrast sensitivity
- ✓ Improved vision in low light conditions

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.

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	1787%
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	†

** Percent Daily Values (DV) are established 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, Tween 80, Soy Lecithin, Ascorbyl Palmitate, D-Alpha-Tocopherol Acetate. **Contains Soy.**

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

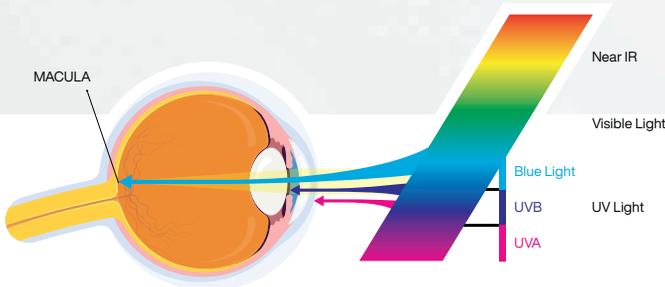
MacuHealth+



Vision Edge PRO MSRP: \$85.95

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 carotenoids¹ and most health organizations recognize that 300 mg of DHA+EPA meets the minimum daily requirement for omega-3s.



The macular pigment in the eye absorbs blue light.

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.

1. Johnson EJ, McDonald K, Caldarella SM, Chung HY, Troen AM, Snodderly DM. Cognitive findings of an exploratory trial of docosahexaenoic acid and lutein supplementation in older women. *Nutr Neurosci.* 2008 Apr;11(2):75-83. doi: 10.1179/147683008X301450. PMID: 18510807.



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	% Daily Value	
Calories	5	
Total Fat	.5 g	1%**
Lutein	10 mg	†
Meso-Zeaxanthin	10 mg	†
Zeaxanthin	2 mg	†
Omega-3 Fish Oil		
EPA (Eicosapentaenoic Acid)	50 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Fish Oil, Gelatin, Glycerin, Purified Water, Yellow Beeswax, Soy Lecithin, Lemon Flavor, Annatto, Tween 80, Ascorbyl Palmitate and Natural Mixed Tocopherols. **Contains Soy.**

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



Simulated representation of a high glare and low glare experience.

VISION EDGE PRO



TG Omega-3 Fish Oil

MSRP: \$44.95

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.

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

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. Heileson JL, Harris DR, Tomek S, Ritz PP, Rockwell MS, Barringer ND, Forsse 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.



BENEFITS OF FISH OIL SUPPLEMENTATION:

- ✓ Brain and Eye Health — DHA is the major fatty acid component of both the retina and brain, where it provides functional and health benefits.¹
- ✓ Health and Fitness — Fish oil supplementation is associated with enhanced muscle recovery after intense exercise.²



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

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	< 5 mg	1%
Protein	1 g	2%
Total Omega-3	2,450 mg	†
EPA	1,100 mg	†
DHA	1,100 mg	†
Other Omega-3	250 mg	†

** % Daily Value (DV) based on a 2,000 calorie diet
† Daily Value 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.



SCAN FOR VIDEO

Learn about the small catch, cold open water fish sourced from Peru for TG Omega-3



TG OMEGA-3



VitreousHealth

MSRP: \$64.95

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.

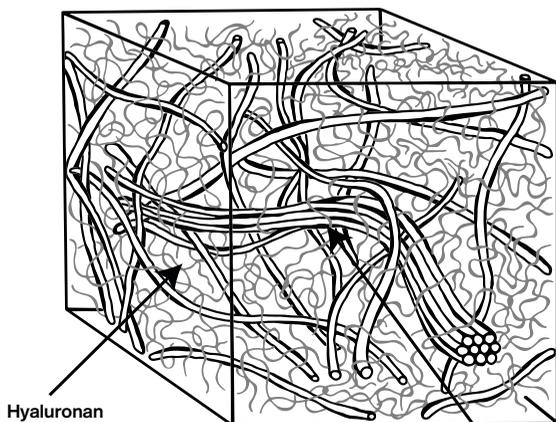
FORMULA FOR EYE FLOATERS:

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.¹

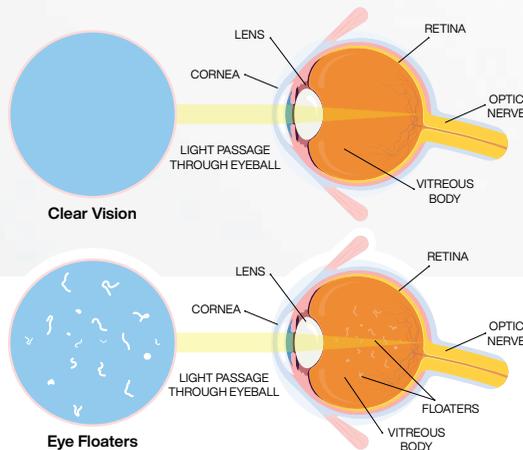
THE STRUCTURE OF THE VITREOUS:

Two networks are responsible for maintaining the vitreous' gel structure:²

- ✓ 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.



Collagen Fibrils



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) not established

Other Ingredients: HPMC, MCC, 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>

VitreousHealth[®]



LifeMeter

MSRP: \$21,999

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.¹ 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.

 600-800 | Optimal

 400-599 | Associated with Health Benefits

 200-399 | Suboptimal

 0-199 | Associated with Deficiency

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.

KEY BENEFITS

QUICK & NON-INVASIVE

The test takes less than 3 minutes, no pricks or pokes

ESTABLISH IMPORTANCE OF NUTRITION

Patients will see the connection between their diet, visual and systemic health

ACCURATE MEASUREMENT

Scientifically evaluated in over 30 peer-reviewed studies

ENCOURAGE COMPLIANCE

Motivate patients to implement and maintain dietary changes and supplementation

COMPACT & PORTABLE

Easy to set up in practice or transport for mobile exams

PROVIDER INDEPENDENCE / FLEXIBILITY

No contracts or sales requirements



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/iov.17-21818. PMID: 28728169; PMCID: PMC5520678.

What It Means to Become a MacuHealth Provider

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

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.

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.

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.

What You Receive as a MacuHealth Provider

The Tools You Need

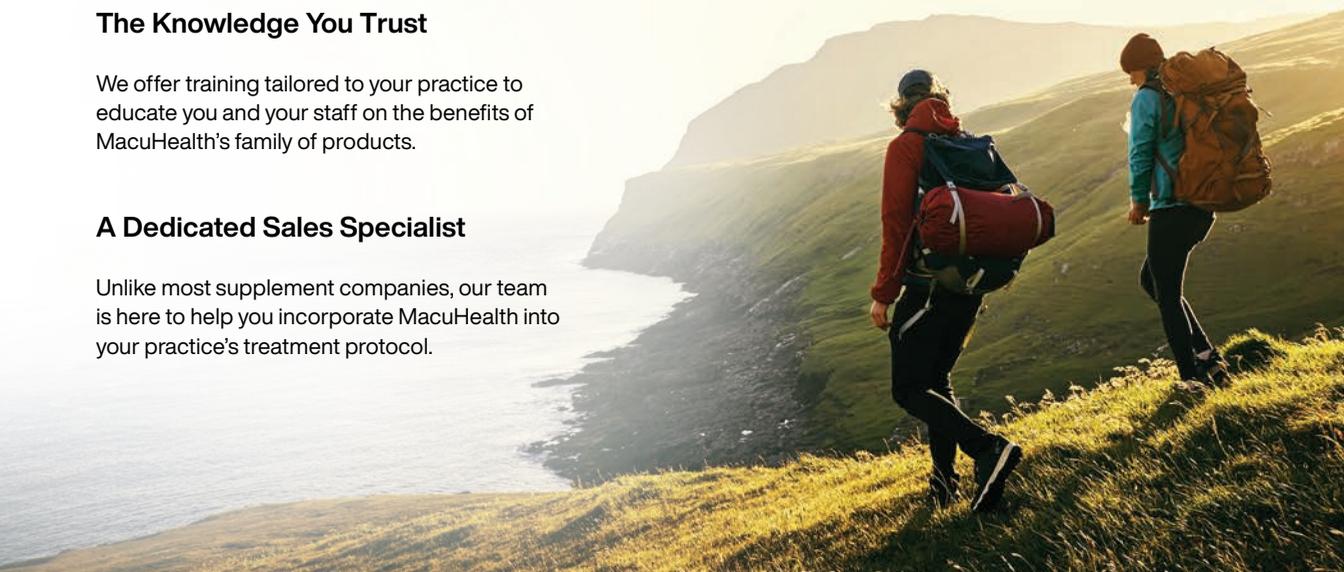
We want you to succeed, and we'll supply your office with all the brochures, flyers and digital assets available to help successfully implement MacuHealth into your practice.

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.



MacuHealth[®]

Nutrition you can see



MacuHealth[®]

LEARN MORE AT:
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