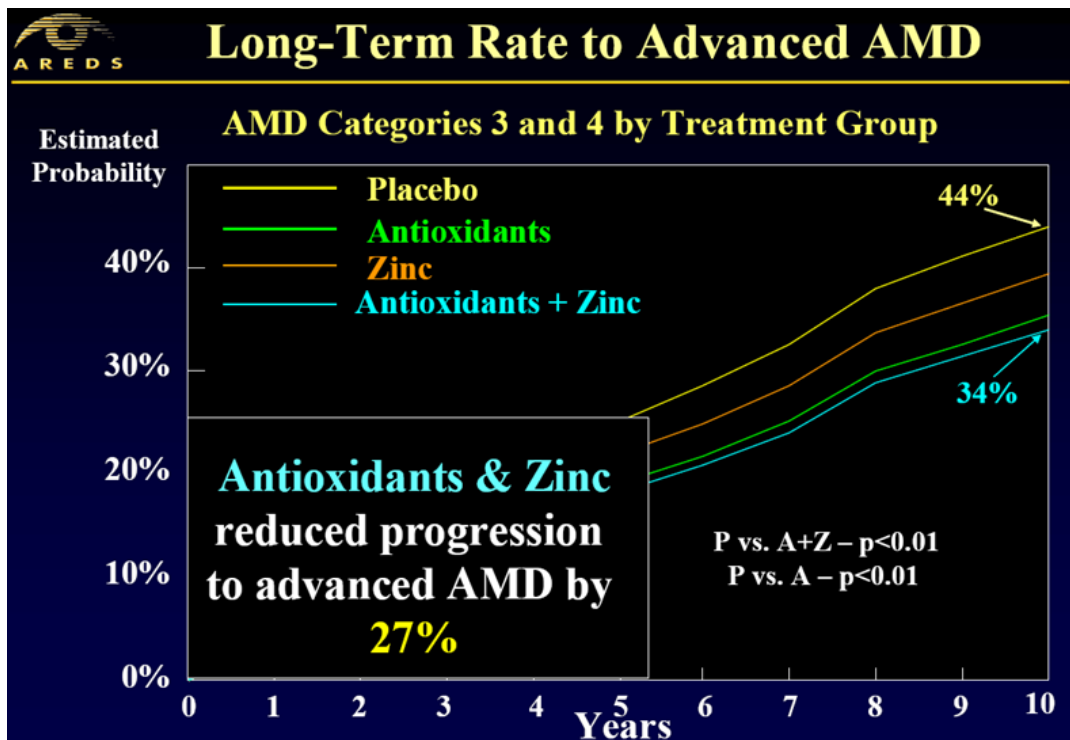


Age Related Macular Degeneration Mr Lee

Vitamin Supplementation AREDS Formulation Changing to **Macushield Gold**



Retinal Photoreceptor Protection – AREDS Clinical Trial Studies

Results from the 2000 AREDS study and AREDS 2, published in the 2001 and 2013 showed that taking supplements containing high levels of vitamins C and E, lutein, zeaxanthin, zinc, and copper. This study has now been extended to 10 years with continued benefit

CREST Clinical Trial Study – Macula Pigment Optical Density Study

The **CREST study** (Central Retinal Enrichment Supplementation Trials) investigated the effects of nutritional supplementation with carotenoids, including **meso-zeaxanthin**, on visual function and macular pigment in patients with early age-related macular degeneration (AMD) and normal individuals.

Outcomes: Macular Pigment Optical Density (MPOD): Significant improvement in MPOD levels, especially with meso-zeaxanthin supplementation. MPOD is associated with better visual performance and protection against oxidative stress.

Visual Function: Improvements in contrast sensitivity and glare disability in both AMD patients and healthy participants.

AMD Progression: While the study focused on early AMD, the supplementation demonstrated potential for slowing visual decline and enhancing quality of vision.

Conclusion: The study supports the inclusion of **meso-zeaxanthin** alongside lutein and zeaxanthin in dietary supplements for improving macular pigment and visual performance.

- Meso-zeaxanthin plays a critical role in the central retina, complementing lutein and zeaxanthin's protective effects.

My traditional options was to recommend AREDS compliant vitamins e.g. . Bausch+Lomb Lutein, Viteyes 2 soft gels or MacuTec.

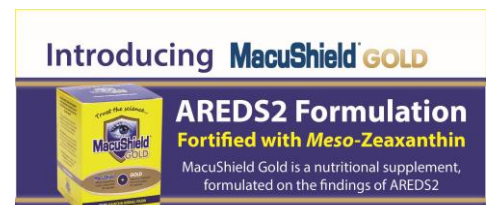
However these do not have Meso-zeaxanthin.

The only current one I am aware that is both AREDS 2 compliant and has meso-zeaxanthin is **Macushield Gold**

Thus this is my current recommendation. It is slightly more expensive but has come down to around £20 per month. It is though 3 gels rather than 2 gels per day of the others.

**** I would recommend changing to **Macushield Gold** ****

Macushield Gold is AREDS compliant formula but has the added benefit of Meso-Zeaxanthin which in CREST study showed additional benefit. 3 Capsules a day. <http://www.macushield.co.uk>
Tel.: +44 (0)121 506 9282



2. Typical price around £20.00 Amazon and other suppliers often offer discounts. offer £19.00