

SUPPORT YOUR VISION

Research has shown that 22 mg of carotenoids in a 10:10:2 ratio of Lutein, Meso-Zeaxanthin and Zeaxanthin increases macular pigment density, which can improve contrast sensitivity,³ vision in glare and low light⁴ and speed of visual processing.²

DID YOU KNOW?

The average person consumes only **one to two milligrams** of macular carotenoids daily.¹⁰

HOW MUCH IS NEEDED?

While there is not a defined Recommended Daily Value for macular carotenoids, studies of healthy individuals¹¹ and the human diet through evolution¹² 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 combined.¹³ To reach the daily carotenoid goal, one would need to consume 7 cups (175 g) of spinach. While this meets the overall carotenoid goal, it does not contain the third macular carotenoid, Meso-Zeaxanthin.



VISIONEDGE^{PRO}

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Nutrition you can see

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



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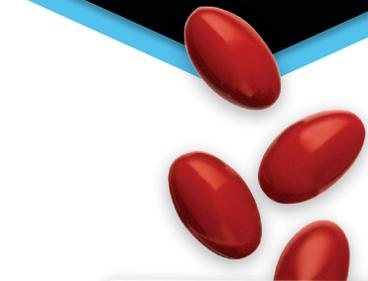
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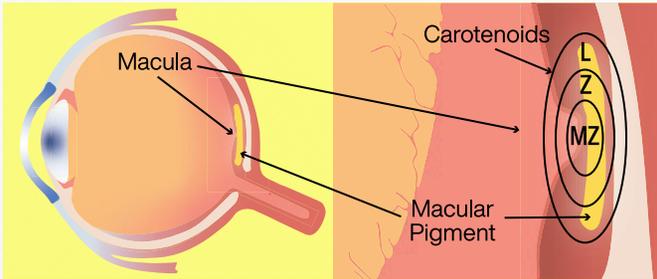
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MACULAR PIGMENT

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, allowing you to connect a tennis racket to a ball, a hockey stick to a puck or track the stitches of a moving baseball. 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 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 faster reaction times,² improved contrast sensitivity,³ better vision in glare and faster photostress recovery times.⁴

Internal Blue Light Filter

High-energy blue light from sunlight and digital devices is absorbed by macular pigment,⁵ 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.⁶ Key dietary sources of carotenoids include brightly colored fruits and vegetables, leafy greens and egg yolks.

SUPPLEMENTATION IS KEY

Supporting a healthy diet and lifestyle with a carotenoid supplement, particularly one that contains all three macular carotenoids, has been shown to increase macular pigment density.⁷ Supplementation is key to keeping your macular pigment at a healthy level and you at the top of your game.

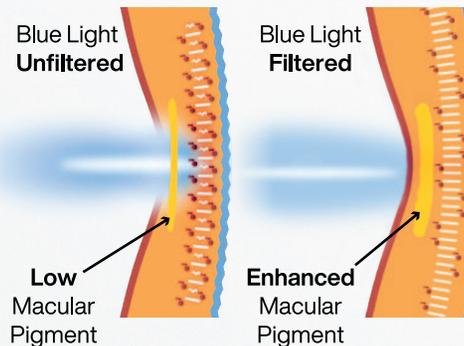


Figure 1: An illustration of how macular pigment filters blue light.

DOCTOR RECOMMENDED

Vision Edge PRO contains all three macular carotenoids in a 10:10:2 ratio of Lutein, Meso-Zeaxanthin and Zeaxanthin, plus 300 mg of DHA+EPA Omega-3 Fish Oil. DHA and EPA Omega-3 Fish Oil has been shown to work synergistically with macular carotenoids⁸ and most health organizations recognize that 300 mg of DHA+EPA combined meets the minimum daily requirement for Omega-3s.



A GAME OF MILLISECONDS

Doctors estimate that up to 80% of perceptual input in sports comes from the eyes.⁹ The overall ability to process and respond to visual stimuli enhances athletic performance. When it comes down to milliseconds, if you can react faster, you'll perform better.

Ask your doctor how Vision Edge PRO can help!

Learn more at [MacuHealth.com](https://www.MacuHealth.com)

