

MacularProtect[®] Complete



Description

MacularProtect Complete combines a broad foundation of multi-vitamins, minerals, and antioxidants to provide powerful protection for macular and full body health. Reflecting the findings of the Age-Related Eye Disease Study (AREDS) as well as advanced research on lutein's role in eye health, MacularProtect Complete works to protect the macula, the area at the center of the retina where the sharpest central vision occurs. It also features a comprehensive multinutrient component that embraces the latest scientific findings on nutrition's role in overall body health.

MacularProtect Complete Highlights

- Convenient, all-in-one formula combines high-potency antioxidant protection with full multivitamin and mineral coverage
- Powerful support for individuals concerned about preserving their eyesight and maintaining overall body health
- Contains a blend of antioxidants and zinc at levels found to support eye health in the AREDS clinical trial
- Provides 6 mg of bioavailable FloraGLO[®] lutein, consistent with the latest scientific findings on lutein's role in macular health
- Features a diverse array of bioflavonoids and antioxidants in addition to essential vitamins and minerals
- Made from premium ingredients and manufactured according to the highest quality standards

Results from the Landmark AREDS Clinical Trial

AREDS, a long-term National Eye Institute-sponsored clinical trial, reported in 2001 that high-risk category patients supplementing with antioxidants and zinc improved the chance of retaining their macular health status by 25% and preserving their vision by 19% (1).

Importance of Multinutrients

Staying healthy as we grow older is just as important as preserving our eyesight. That is one reason why the American Medical Association now advises that all adults take a daily multivitamin (2). Multivitamin and mineral supplements have been shown to play a pivotal role in helping to maintain health and improve quality of life. For example, several well-controlled trials

have demonstrated that healthy, older individuals who regularly take a complete multi-supplement experience fewer days of infection-related illness (3) and better cognitive function compared to those taking a placebo (4). Long term use of multivitamins has been associated with a protective role in age-related ocular health (5). Other studies underscore the need for supplementation of such diverse nutrients as folic acid and vitamin D to maintain a healthy colon and bone health, and selenium for prostate health (6,7). MacularProtect Complete offers a full range of essential vitamins and minerals, including important trace elements. It also contains key antioxidants such as lycopene, alpha lipoic acid, n-acetylcysteine and taurine that help neutralize free radicals and protect the body.

Rationale for Inclusion of Key Ingredients

Beta-Carotene (15 mg, 25,000 IU)

Beta-carotene functions primarily as a fat-soluble antioxidant. It can also be converted to vitamin A as needed but only in limited and safe amounts. Vitamin A is essential for protecting night vision and is vital for the health of the eye's cornea. It also works with zinc and the amino acid taurine to support the normal function of various eye structures such as the photoreceptors of the retina. The formula provides 15 mg of beta-carotene in the same form and potency as that employed in the AREDS trial.

Vitamin C (500 mg)

Vitamin C is a water-soluble antioxidant that is concentrated in ocular tissues where it deactivates free radicals. Free radicals are the highly reactive compounds produced through the body's use of oxygen and generated by outside

sources such as ultraviolet light. Oxidative damage to the retina is believed to be a risk factor for macular degeneration (8). Vitamin C also aids in the recycling of other antioxidants such as vitamin E. MacularProtect Complete supplies 500 mg of vitamin C as ascorbic acid—the form and level administered in the AREDS clinical trial.

Vitamin E (400 IU)

Fat soluble vitamin E is the major chain-breaking antioxidant present in retinal and macular membranes. As a first line of defense against fatty acid peroxidation, vitamin E helps protect cell membranes against free radical attack. Macular Protect Complete uses natural source Vitamin E rather than the synthetic form, as studies demonstrate that this form offers superior bioavailability and is better retained in tissues (9). The formula includes 400 IU of vitamin E, the level used in the AREDS clinical trial.

Zinc (80 mg)

Zinc is an essential mineral that is selectively concentrated in the eye. It is found in the retina and choroid, ciliary body, iris, optic nerve, sclera, cornea, and lens. Within these ocular structures zinc is believed to interact with vitamin A and taurine to modify photoreceptor membranes, to help regulate the light-rhodopsin reaction, to influence nerve transmission, and to serve as an antioxidant (10). MacularProtect Complete provides 80 mg of zinc in the same form and amount provided to the AREDS participants.

Copper (2 mg)

Copper is a mineral that is necessary for the function of an antioxidant enzyme. It is also needed to produce connective tissue, nerve sheaths, skin pigment, and for the proper



MacularProtect Complete delivers a potent blend of nutrients found to protect macular health in the AREDS clinical trial (supported by the National Eye Institute) and also features a comprehensive multivitamin component for full body health.

Suggested Use: Take four capsules daily, with meals.

Note: Pregnant or lactating women or individuals with medical conditions should consult a physician before using. **Smokers should consult their eye care professional about the risks associated with smoking and using beta-carotene.**

MacularProtect Complete contains 80 mg of zinc, a level that was found to support eye health in the AREDS clinical trial. Check with your physician prior to taking MacularProtect Complete to ensure that this level of zinc is appropriate for you.

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.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (100% as beta-carotene)	25000 IU	500%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	400 IU	1333%
Thiamin (vitamin B-1 from thiamine HCl)	4.5 mg	300%
Riboflavin (vitamin B-2)	5 mg	294%
Niacin (as niacinamide)	10 mg	50%
Vitamin B-6 (from pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	30 mcg	500%
Biotin	100 mcg	33%
Pantothenic Acid (from calcium pantothenate)	12.5 mg	125%
Calcium (from calcium carbonate)	100 mg	10%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	80 mg	533%
Selenium (from selenomethionine)	70 mcg	100%
Copper (from copper oxide)	2 mg	100%
Manganese (from manganese amino acid chelate)	2.5 mg	125%
Chromium (from Chromium polynicotinate)	100 mcg	83%
Molybdenum (from molybdenum amino acid chelate)	37.5 mcg	50%
Taurine	100 mg	†
Acetylcysteine (N-acetyl-L-cysteine) (NAC)	75 mg	†
Lemon Bioflavonoids (50% hesperidin complex)	50 mg	†
Quercetin	50 mg	†
Alpha Lipoic Acid	20 mg	†
Ginkgo Biloba Leaf Extract	20 mg	†
Bilberry Berry Extract	15 mg	†
Grape Seed Extract	15 mg	†
Boron (from protein hydrolysate)	1 mg	†
Lutein (FloraGLO®)	6 mg	†
Zeaxanthin (FloraGLO®)	300 mcg	†
Lycopene	500 mcg	†
Vanadium (from vanadyl sulfate)	15 mcg	†

† Daily Value not established.

Other Ingredients: Gelatin, Water, Rice Flour, Silica.



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utilization of iron. Since high levels of zinc compete with copper for absorption, bioavailable copper is included in MacularProtect Complete to help ensure adequate levels of this essential mineral in the body. The amount of supplemental copper in this formula represents 100% of the Daily Value and is the form and amount administered in the AREDS clinical trial.

Lutein, FloraGLO® (6 mg) and Zeaxanthin (300 mcg)

Lutein and zeaxanthin are two similarly-structured carotenoids found in green leafy vegetables like spinach, kale and mustard greens. These carotenoids make up the macular pigment of the retina, the tissue with the highest concentration of lutein and zeaxanthin in the body (11). As part of the macular pigment, zeaxanthin and lutein filter blue (visible) light that can induce photo-oxidative stress.

Population-health studies have noted that macular pigment density is positively associated with age-related macular health (12,13). Several intervention studies also indicate that consumption of these carotenoids can favorably modify the pigment density of the macula. (14-16). The amount of lutein supplied by MacularProtect Complete is consistent with a key observational study linking higher intakes of lutein-containing foods with a better chance of retaining macular health (17). This formula provides FloraGLO® lutein, a premium source with clinically-proven bioavailability.

Other Essential Nutrients for Eye and Full Body Health

B-Vitamins, according to research, can reduce artery damaging levels of homocysteine in the body, thus helping to retain normal cardiovascular function (18). MacularProtect Complete provides robust levels of key B-vitamins, particularly vitamin B12 which can be difficult to absorb by elderly individuals, as well as vitamin B6 and folic acid for artery and colon health.

Flavonoids support healthy circulation by modifying platelet aggregation (19), increasing the antioxidant capacity of blood (20), and enhancing ocular blood flow (21). MacularProtect Complete contains a unique array of protective flavonoids from diverse sources: bilberry, citrus, grape seed, Ginkgo biloba and quercetin, which is found in many fruits and vegetables.

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