
New Research

The new ongoing Age Related Eye Disease Study 2 (AREDS2) is testing the use of omega-3 fatty acids EPA and DHA for possible treatment of macular degeneration.

AREDS2 is a multi-center, long term, randomized, placebo controlled study being conducted by the National Institutes of Health (NIH) in conjunction with the National Eye Institute. It is a clinical trial designed to assess the effects of oral supplementation on high doses of lutein, zeaxanthin, and omega-3 fatty acids (eicosapentaenoic acid, EPA, and docosahexaenoic acid, DHA) as a treatment for Age-related Macular Degeneration (AMD), cataract and moderate vision loss. The study will also provide information on the clinical course, prognosis, and risk factors for development and progression of both AMD and cataract. Other study goals include the evaluation of eliminating beta-carotene and reducing the amount of zinc in the original AREDS formulation on the progression and development of AMD.

In response to this research, MedOp Inc. is launching a new omega-3 formula to provide the most progressive and latest up-to-date treatment protocol.

MAXIVISION® Omega-3 Formula contains the highest quality pharmaceutical grade, molecular distilled, concentrated

fish oil. There are no impurities and it is concentrated to increase the levels of the omega-3 fatty acids EPA and DHA. It is also encapsulated in “enteric” coated soft-gel technology to eliminate the annoying fish taste, fish burp or gastrointestinal distress often encountered with other fish oil capsules.

MAXIVISION® Omega-3 Formula contains 1,000 mg (1 gram) of the omega-3 fatty acids EPA and DHA per dose. This is the same level of EPA and DHA being used in the new AREDS2 study for possible treatment of macular degeneration. Coincidentally, this is also the same high level recommended by the American Heart Association for treatment of cardiovascular disease. The higher levels of the omega-3 fatty acids EPA and DHA can only be attained by using molecular distilled, concentrated fish oils. Most fish oil products on the market do not contain these higher levels, however to attain the same results shown in studies, you have to consume at least the same levels of the omega-3 fatty acids EPA and DHA.

Standard of Care

The **Standard of Care** for patients who have a family history of macular disease, signs of macular changes, or overt macular degeneration should include all of the specialized nutrients shown in research studies to be helpful or beneficial. These include Vitamin C, Vitamin E, zinc, and copper from the original AREDS,¹ lutein, zeaxan-

thin, omega-3 fatty acids from AREDS2, and vitamin D,³ CoQ10, and Acetyl-L-Carnitine.⁴ Although beta-carotene was included in the original AREDS, further studies have shown it has no effect on macular degeneration, so it is not included, plus there is the potential unwanted side effect of increasing lung cancer in smokers. The high amount of zinc used in the original AREDS is also reduced to normal levels due to potential toxicity levels and complications.

Treatment Options

This new research redefines the Standard of Care and clarifies the finest, most progressive, up-to-date treatment protocol. Every patient should be taking a high level source of the omega-3 fatty acids EPA and DHA, such as **MAXIVISION® Omega-3 Formula**, along with another product supplying the other essential nutrients. **MAXIVISION® Whole Body Formula** or **MAXIVISION® Ocular Formula** is the perfect complement together with the **Omega-3 Formula**. This combination of products provides the most progressive, up-to-date treatment protocol for vision and overall health.

Omega-3 Fatty Acids

The omega-3 fatty acids EPA and DHA have been shown in several clinical studies to reduce the incidence and/or progression of age-related macular degeneration.² In addition to visual health, they are also in-

volved in overall health and especially cardiovascular health. The American Heart Association has endorsed the use of one gram per day of the omega-3 fatty acids EPA and DHA for secondary prevention of cardiovascular events in people with documented coronary artery disease (CAD). This level can be obtained by eating a 6 oz serving of fatty fish twice a week or taking an appropriate fish oil supplement. Omega-3 fatty acids persist in cell membranes for weeks after consumption, so intermittent dosing such as twice weekly provides the same benefits as daily consumption.⁵

Studies have not found any adverse side effects between placebo groups and the omega-3 fatty acid groups. Early concerns that omega-3 fatty acids might prolong bleeding times were rebutted when a recent comprehensive report concluded that virtually no increased risk for clinically remarkable bleeding has been seen in patients with doses up to 7 grams per day, even when taken in combination with other antiplatelet medications.⁵

There are no contraindications with statin drugs, which are commonly prescribed for lowering cholesterol. Combining omega-3 fatty acids with statin drugs is a safe and effective way to improve lipid levels and cardiovascular prognosis beyond the benefits provided by statin drug therapy alone.⁵

Omega-3 fatty acid supplements can be taken at any time, in full or divided doses. There are no contraindications with any medications.⁵

Questions & Information

If you have any questions, need further information, want to order product, or if you would like a free sample of the new **MAXIVISION® Omega-3 Formula** please contact MedOp Inc. toll free at 1 888 290-6294.

Note: If you have any questions regarding your treatment protocol please contact your doctor.

MAXIVISION® Omega-3 Formula

Suggested Retail Price: \$14.99

References: See abstracts under Resources at www.medop.com.

1. Age-Related Eye Disease Study Research Group. A randomized, placebo controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report No. 8. *Arch Ophthalmol.* 2001;119:1417-1436.

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3. Parekh N, Chappell RJ, Millen AE, Albert DM, Mares JA. Association Between Vitamin D and Age-Related Macular Degeneration in the Third National Health and Nutrition Examination Survey, 1988 Through 1994. *Arch Ophthalmol.* 2007;125:661-669.

4. Feher J, Kovacs B, Kovacs I, Schvöller M, Papale A, Balacco Gabrieli C. Improvement of Visual Functions and Fundus Alterations in Early Age-Related Macular Degeneration Treated with a Combination of Acetyl- L -Carnitine, n-3 Fatty Acids, and Coenzyme Q10. *Ophthalmologica* 2005;219:154-166.

5. Lee JH, O'keefe JH, Lavie CJ, Marchioli R, Harris WS. Omega-3 Fatty Acids for Cardioprotection. *Mayo Clin Proc.* 2008;83(3):324-332.

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MAXIVISION

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