Lutein & Eye Health

Nutrition, in particular, has been shown to have a much greater impact on eye health than previously thought. Medical studies in the past few years have linked lutein to the prevention and treatment of macular degeneration. Therefore, most eye care professionals recommend supplements containing high concentrations of lutein. Lutein is a naturally occurring carotenoid found in fruits and especially dark green leafy vegetables. Essential for vision, lutein is the predominant pigment in the macular area of the retina where it functions as a powerful antioxidant and as a blocking agent for damaging ultraviolet light. A landmark study involving lutein, **The Veterans Lutein Antioxidant Supplementation Trial (LAST Study),** showed a therapeutic benefit in all stages of dry macular degeneration using 10 mg of elemental lutein per day. This is the first conclusive study showing lutein may improve visual function in all stages of dry macular degeneration. This is extremely important information for patients with macular degeneration and will certainly influence what doctors recommend. Studies using 6mg of lutein per day, considered in the prevention and maintenance range, have shown significant reduction in the prevalence of AMD. Studies using 10 to 20 mg of lutein per day have shown benefits in AMD and RP (retinitis pigmentosa). Nutritional studies show the average person consumes less than 1.5 mg of lutein per day. Since the human body does not produce lutein, the accumulation in the eyes is dependent on dietary intake. **Lutein may be one of the most important discoveries in the prevention and treatment of macular degenerative disease.**

Doctor recommended, MAXIVISION® Products have the highest lutein concentration of any supplement on the market.

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- **MAXIVISION® Whole Body Formula**

  Comprehensive daily multivitamin including comprehensive ocular nutrients with 20 mg of elemental lutein (400 mg of FloraGLO Lutein) per dose. No need for another multivitamin. Formulated for prevention and treatment of macular degeneration. Available in Capsule or Liquid. Premier Product.

- **MAXIVISION® Ocular Formula**

  Comprehensive ocular supplement with 20 mg of elemental lutein (400 mg FloraGLO Lutein) per dose. May be used alone or in combination with other multivitamins.

- **MAXIVISION® Lutein Supplement**

  Contains 10 mg of elemental lutein and 500 mcg of zeaxanthin per capsule. May be used alone or in combination with other products.

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Photostress Recovery Test

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Innovative Products For Health & Vision

Patients with macular problems may become fearful of losing vision. There can be a lot of comfort knowing there is no dysfunction in their vision. Sometimes, separating the abnormal condition from the normal is a difficult task. This Photostress Recovery Test (PRT), developed by a practicing eye doctor, helps patients determine whether or not there is an abnormality in the macular area of the retina. It helps separate the normal functioning macula from the abnormal. It is a simple and easy test that can be performed at home in a relaxed atmosphere. It is a fairly reliable and definitive test.

Introduction

The **Photostress Recovery Test** (**PRT**) is helpful in assessing macular function. It is not specific for a certain disease. There are many different diseases that can affect functioning of the macular area. This test helps determine if the macular area is functioning relatively normal or if there is

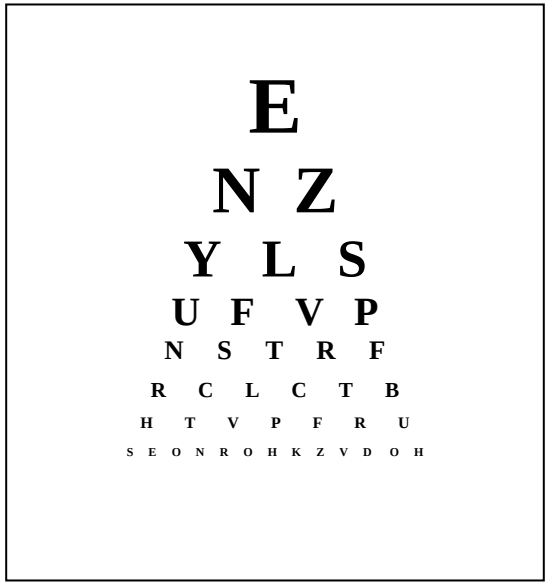
a dysfunction in this area. This test should be performed weekly, as directed by your doctor, or as frequently as you feel needed.

PRT Home Testing Procedure

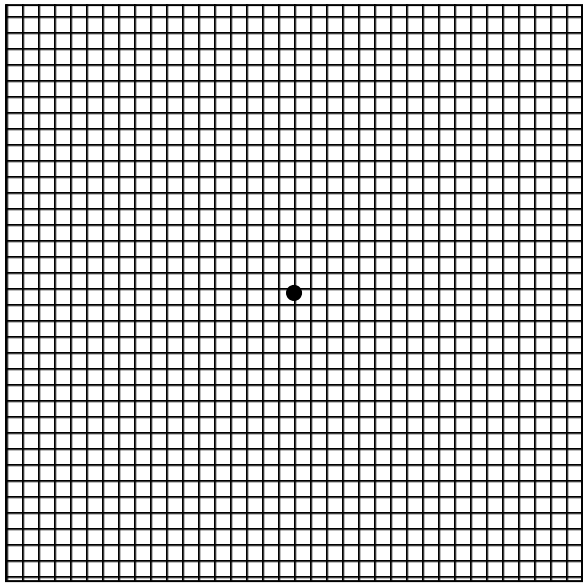
1. If you wear glasses or contact lenses for reading, please wear them for this test.
2. Cover one eye. This test is only valid for one eye at a time.
3. Look at the reading chart and read down to the lowest line you can. Do one eye at a time.
4. Use a penlight, flashlight, or bright source of light. Look directly at the light source for ten (10) seconds. Do one eye at a time. This bleaches out the macular area of the retina. Be sure and do this the same way each time you perform this test!
5. Look back at the reading chart and read down the chart as soon as you can. Time yourself with the second hand on a watch or clock and note how long it takes for you to read down to where you initially read before looking at the bright light source.
6. Record your recovery time in the Photostress Recovery Time Log (see example below).
7. Repeat the procedure for the other eye.

Note: The Amsler Grid is also used to test macular integrity. With any needed near point correction in place, check one eye at a time by looking at the center dot. If any lines appear wavy or distorted, contact your eye doctor ASAP.

Reading Chart



Amsler Grid



Record Test Results

It is important to write down your results every time you perform this test. Record your recovery times in a table or log like the example below.

Photostress Recovery Time

Date	Right Eye	Left Eye

Interpretation

You will generate a log of recovery times unique to yourself. There may be some variability from time to time. The most important change to watch for is a significant increase in recovery time for either eye.

In the majority of people, it generally takes less than 60 to 75 seconds for an eye to recover after looking at a bright light source and reading down to where you started.

If your recovery time suddenly increases or becomes greater than 120 seconds in either eye, it may be suggestive of a macular dysfunction and you should contact your eye doctor ***as soon as possible***.