

Protecting your macula

Research shows lifestyle changes can help protect the macular region of your eye for clear central vision:

- Regular checkups with your optometrist or ophthalmologist
- A healthy lifestyle. Don't smoke, control your weight and exercise regularly
- Eat fish 2 or 3 times per week
- Ensure your diet includes green leafy vegetables that are rich in antioxidants (such as spinach and broccoli) and red and yellow vegetables (such as corn and capsicum)
- Eat a handful of nuts each week
- Limit your intake of saturated fats
- Consider supplementing your diet with an antioxidant and zinc supplement
- Wear sunglasses when outdoors during the day



Get your eyes tested and make sure your macula is checked

If you have questions or would like to know more about macular eye health visit www.mdnz.org.nz or contact Macular Degeneration New Zealand on free call 0800 622 852 (0800 MACULA).



A percentage from the sale of Blackmores eye products supports Macular Degeneration New Zealand.

ASK A NATUROPATH

Free call 0508 75 74 73
naturopath.blackmoresnz.co.nz

References:

Age-Related Eye Disease Study 2 (AREDS2). Randomized Clinical Trial. Published online. JAMA. 5 May 2013.
Chuar B, Flood V, Rochtchina E, et al 2006. *Dietary fatty acids and the 5-year incidence of age related maculopathy*, Archives of Ophthalmology, 124(7):981-986.
Tan JS Wang J, Flood V, et al 2008. *Dietary fatty acids and the 10-year incidence of age-related macular degeneration: The Blue Mountains Eye Study*, Archives of Ophthalmology, 127(5):656-665.

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Evidence-based macular health support



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What is the macula?

The macula is the central part of the retina, the light sensitive tissue at the back of the eye responsible for clear vision. When the macula is affected, everyday functions such as reading, driving or recognising faces can be compromised.

Are you at risk?

Risk factors for developing poor macular health are:

- Age – 50+
- Smoking
- Family history of poor macular health
- Poor diet, low in leafy greens and antioxidant nutrients
- Exposure to UV light
- Light skin and eye colour – blue, grey or green eyes



Dietary supplements for the macula

Two five year scientific studies – the Age Related Eye Disease Studies (AREDS 1 and 2) conducted by the US National Eye Institute - involving 8,757 participants, identified the following nutrients to support macular health:

- Antioxidants – zinc, vitamins C and E and copper
- Lutein and Zeaxanthin

The levels of antioxidants and nutrients used in the AREDS studies are difficult to obtain through diet alone. For this reason, eye specialists and Macular Degeneration New Zealand (MDNZ) recommend a combination of dietary intake and supplementation to support macular eye health.

Blackmores Macu-Vision® and Lutein Defence™

If you have been told you need macular support, Blackmores Macu-Vision® is the obvious choice. It is based on the original Age-Related Eye Disease Study (AREDS)* and contains the antioxidants vitamin C and E, and zinc which play a significant role in defending against free radical damage in the macular region, retina and lens of the eye.

Blackmores Lutein Defence™ contains lutein and zeaxanthin at levels identified in the AREDS 2 trial. It supports lens and macular eye health, and healthy macular pigment.



Betacarotene has been removed and synthetic vitamin E has been replaced with natural vitamin E. Blackmores Macu-Vision® contains ascorbic acid 250 mg, cupric oxide 1.25 mg, vitamin E 200 IU, zinc oxide 49.8 mg.

Medicines have benefits and some may have risks. Always read the label and use as directed. If symptoms persist see your healthcare professional. Blackmores NZ Ltd, Auckland.

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