

x - Denotes ingredient not present

MACULA 2® COMPARISON CHART *

YELLOW DIFFERENTIATES MACULA 2®

INGREDIENTS	AREDS 2 STUDY GUIDELINES	OCUVITE EYE HEALTH FORMULA ADULT 50+ PER DOSE 1 SOFTGEL	OCUVITE LUTEIN ZEAXANTHIN PER DOSE 1 CAPSULE	PRESERVISION OMEGA FORMULA PER DOSE 4 SOFTGELS	PRESERVISION AREDS 2 FORMULA PER DOSE 2 SOFTGELS	THERATEARS NUTRITION PER DOSE 3 SOFTGELS (fish & flax)	VITALUX W/OMEGA-3 PER DOSE 4 SOFTGELS	NEW VITALUX ADVANCED PER DOSE 2 CAPLETS	MACULA 2® ESSENTIALS AREDS 2 PLUS PER DOSE 2 SOFTGELS	MACULA 2® OMEGA-3 PER DOSE 2 SOFTGEL
BETA CAROTENE Beta carotene	X	X	X	X	X	X	5728 mcg (15 mg) S X (non-smoker)	X	X (see reverse)	X
VITAMIN C	500 mg	150 mg	60 mg	452 mg	500 mg	X	500 mg	500 mg	500 mg	X
VITAMIN E	268 mg 400 IU	20.1 mg 30 IU	20.1 mg 30 IU	268 mg 400 IU	268 mg 400 IU	120 mg 183 IU	180 mg 268 IU	268 mg 400 IU	X	13.4mg 20 IU Non-medicinal
SELENIUM	X	X	X	X	X	X	X	x	10 mcg	X
ZINC	80 mg	9 mg	15 mg	69.6 mg	80 mg	X	25 mg	80 mg	20 mg	X
COPPER	2 mg	1 mg	2 mg	1.6 mg	2 mg	X	1 mg	2 mg	2 mg	X
LUTEIN	10 mg	5 mg	6 mg	10 mg	10 mg	X	10 mg	10 mg	20 mg	X
ZEAXANTHIN	2 mg	1 mg	1 mg	2 mg	2 mg	X	2 mg	2 mg	2 mg	X
VITAMIN D3	X	X	X	X	X	X	X	x	1200 IU 30 mcg	X
OMEGA-3 EPA DHA DPA TOTAL INGREDIENT YIELD	X	250 mg EPA 160 mg DHA 90 mg DPA X 250 mg	X	1758 mg EPA 650 mg DHA 350 mg X 1100 mg	X	1000 mg EPA 450 DHA 300 X 750 mg	1052 mg EPA 400 mg DHA 200 mg x 600 mg	x	X	2000 mg EPA 800 mg DHA 600 mg DPA 140 mg 1540 mg
FLAXSEED OIL	X	X	X	X	X	1000 mg	X	x	800 mg	X
PRICE		36.15/90 2 mo.	12.94/36 1 mo.	20.99/120 1 mo.	20.16/60 1 mo.	18.29/90 1 mo.	24.97/75 18/days 41.62/mo.	14.97/60 1 mo.	48.90/180 3 mo.	49.90/180 3 mo. 32.93/mo.
PRICE PER DAILY DOSE		.40	.36	.70	.67	.61	1.39 27.00/100 25 day 1.08 \$32.40/m	.50	.54 1.09 .55 COMPLETE OCULAR HEALTH	
NON MEDICINAL INGREDIENTS	# of fillers	9	8	8	10	4	8	14	4	3 PRESERVATIVE FREE

WHEN COMPARED TO THE LEADING RECOMMENDED BRAND, MACULA 2® SAVES PATIENTS AS MUCH AS 45% PER YEAR!

* NOTES AND RECOMMENDED USAGE ON REVERSE



- **Pricing** was established on the lowest possible prices found at pharmacies and online.
- **Beta-carotene** supplements present an increased risk of cancer by those who smoke, have been exposed to secondary smoke inhalation or drink alcohol regularly and therefore should be avoided. ProMed Services will NOT use beta carotene in their products until safe limits have been clearly established. **Beta-carotene also interferes with the absorption of lutein and zeaxanthin.**
- **ZINC** – (AREDS) 80 mg per day for 6.3 years has been associated with a significant increase in hospitalization for genitourinary causes, raising the possibility that chronically high intake of zinc adversely affect some aspects of urinary physiology. **Health Canada and the FNB (Food and Nutrition Board) recommends an upper intake level of no more than 40 mg daily and an adequate intake of 11 mg per day.**
- **VITAMIN E** – Levels of 400 IU and higher have shown to cause hemorrhaging and stroke. **FNB and Health Canada recommends a daily adequate intake of 22 IU.**
- **OMEGA-3 (EPA, DHA, DPA)** are the fatty acid building blocks of the eye’s retina and the brain. As well as protecting against AMD and Dry Eyes they also protect against cardiovascular disease, type 2 diabetes, cognitive decline and rheumatoid arthritis. **It is a natural anti-inflammatory.**

The purest form and potency of Omega-3 is obtained when not mixed with other ingredients.

OMEGA-3 IS SEVERELY DEFICIENT IN MOST OF OUR WESTERN DIETS AND SHOULD BE TAKEN BY ALL ADULTS.

RECOMMENDED EPA 800 mg/day, DHA 600 mg/day, DPA 140 mg/day TOTAL 1540 mg

Many specialists in various fields are recommending a total combination of EPA/DHA/DPA of 1500 mg/day.

RECOMMENDED USAGE	MACULA 2® ESSENTIALS per day	MACULA 2® OMEGA-3 per day
Adults with AMD risk factors , adults exhibiting signs of AMD (drusen present).	2*	2*
Patients with dry eye – first month	1*	2*
Depending on success after 1 st re-visit	1*	1*
For complete ocular health and over all general health	2*	2*
Adults needing only the benefit of a multivitamin and Omega-3	1*	1*

FLAXSEED OIL CONTAINS THESE VITAMINS AND MINERALS IN ABUNDANCE		
VITAMINS	Lignan	Magnesium
B Folate	Mucilage	Phosphorus
B1 Thiamin	Calcium	Manganese
B2 Riboflavin.	Potassium	Copper
B3 Niacin.	Selenium	Iron
B5 Pantothenic Acid	Zinc	sodium
B6, C, E, K		

- **MACULA 2® ESSENTIALS** is also an excellent daily multi-vitamin. (800 mg of flaxseed oil is the contributing factor)
- FOR BETTER ABSORPTION, ALL VITAMIN SUPPLEMENTS SHOULD BE TAKEN WITH FOOD. **OMEGA-3 IS VERY BENEFICIAL WHEN TAKEN AT BEDTIME.**

*Patient’s doctor may prescribe different daily doses from the above. Always follow the advice of your doctor.