



What did the first AREDS trial find?

- ▶ AREDS, the nationwide trial sponsored by the National Eye Institute, found that taking high levels of the antioxidant vitamins C, E and beta-carotene along with zinc and copper, lowered the risk of developing advanced AMD by about 25%.

What is the second AREDS trial (AREDS 2)?

- ▶ The primary objective of AREDS 2 is to determine whether daily supplementation with lutein (10 mg) and zeaxanthin (2 mg) and/or 1,000 mg of EPA and DHA will slow the progression to advanced AMD and its associated vision loss in people with at least moderate risk for AMD. All study participants will be offered the antioxidant-zinc combination studied in the first trial, though some will receive a modified version of the original AREDS formulation. AREDS 2 began in the fall of 2006, and is expected to be completed in 2013.

Why is AREDS 2 being conducted?

- ▶ Lutein and zeaxanthin are dietary nutrients that make up the yellow macula in the eye, which is responsible for our sharpest central vision. Researchers found that study participants who consumed the most lutein and zeaxanthin at the beginning of the AREDS trial were less likely to be classified as having wet or dry AMD, or large or extensive drusen. High intake of omega-3 fatty acids from fish was also associated with decreased risk for wet AMD at the start of AREDS. Since similar findings have been reported in other published studies, AREDS 2 was designed to evaluate these nutrients for AMD treatment. While the study is still in progress, it's encouraging to know that a dietary analysis of AREDS 2 participants also links higher intake of EPA and DHA at the start of the trial with lower AMD risk.

What is the rationale for the zeaxanthin level in this product?

- ▶ When taken with another MacularProtect product, the combination provides the level of zeaxanthin (2 mg) being studied in AREDS 2.

Do I need to take *MacularProtect Omega-3 Companion* if I don't have AMD?

- ▶ No, but if you are not consuming about 3 servings of cold-water fish weekly you might consider taking the SBH product OmegaAdvance® to support heart and eye health. OmegaAdvance provides 500 mg of EPA and DHA and 1.5 mg of lutein in 2 softgels daily.

Are there any cautionary notes?

- ▶ Taking *MacularProtect Omega-3 Companion* with anti-coagulants (such as Coumadin®): While the level of EPA/DHA in this product is unlikely to cause any increased bleeding problems in people taking these medications, it is best for those taking anti-coagulants to check with their physician.

References Available Upon Request.

What are the ingredients in *MacularProtect Omega-3 Companion*?

Supplement Facts

Serving Size 2 softgels Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%
Vitamin E (d-alpha tocopherol)	1 IU	10%
Omega-3 Fatty Acids (650 mg EPA, 350 mg DHA from USP-verified fish oil)	1,000 mg	†
Zeaxanthin	1 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Water, Lemon Oil and Caramel Color.

1.888.433.4726 • www.sciencebasedhealth.com

©ScienceBased Health®, MacularProtect® and OmegaAdvance® are registered trademarks of ScienceBased Health. Coumadin® is a registered trademark of Bristol-Meyers Squibb.

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.

SBH 
ScienceBased Health®



MacularProtect® Omega-3 Companion FAQs

AREDS 2 Add-On



What is MacularProtect Omega-3 Companion?

- ▶ *MacularProtect Omega-3 Companion* provides 1,000 mg of omega-3 at the levels of EPA (650 mg) and DHA (350 mg), being tested in the ongoing, second Age-Related Eye Disease Study (AREDS 2). It is designed to be paired with one of the products shown in the chart below.

What is the dosage?

- ▶ 2 softgels daily.

How can I be sure that the fish oil in this product is pure?

- ▶ *MacularProtect Omega-3 Companion* contains the first and only pharmaceutical grade fish oil to achieve U.S. Pharmacopeia (USP®) verification – the most rigorous quality assurance verification in the world. This fish oil, sourced from cold, pristine, deep waters off South America where there are significantly less environmental impurities, is purified using molecular distillation – a process that concentrates omega-3s and helps eliminate contaminants. It is rigorously tested for heavy metals, such as mercury, as well as marine contaminants, and undergoes multiple tests to ensure stability.

Which ScienceBased Health product combination is right for me?

- ▶ SBH offers several products that provide nutrients at levels found to help protect central vision in the original AREDS trial. *MacularProtect Omega-3 Companion* may be combined with any of these products to add nutrients and levels being examined in AREDS 2.

	SBH Macular Product (Original AREDS)	Includes Multi	Who is this product for?
Add MacularProtect Omega-3 Companion softgels to the SBH macular product that's right for you...	MacularProtect Complete® <i>AREDS + multi with 10 mg lutein</i>	●	For those who want a complete vitamin & mineral multi along with the AREDS nutrients.
	MacularProtect Complete® Drink Mix <i>AREDS + multi with 10 mg lutein</i>	●	Same as above. For those who have trouble swallowing pills.
	MacularProtect Complete®-S <i>AREDS + multi with 10 mg lutein, beta-carotene free</i>	●	For those who should avoid high beta-carotene such as smokers.
	MacularProtect® <i>AREDS + 10 mg lutein & B-vitamins</i>		For those wanting AREDS nutrients without the multi.

Who is this product combination for?

- ▶ This combination provides nutritional support for those with age-related macular degeneration (AMD), particularly those with intermediate to advanced AMD – the group that was found to benefit from antioxidant and zinc supplementation in the first AREDS trial.

Why isn't the fish oil included in one of the products based on the original AREDS research?

- ▶ The MacularProtect product family offers a flexible system that can be customized to meet the unique needs of each individual. Capsule size and daily dose in each product are kept reasonable and options for meeting varying nutritional needs are maximized.