In 1992, the National Eye Institute of the National Institutes of Health began a carefully controlled, nationwide scientific study to determine with certainty if antioxidant vitamins and minerals in relatively high doses could support eye health. This landmark study was called the Age-Related Eye Disease Study, or AREDS for short.

The results of the AREDS study, published in 2001, clearly demonstrated the eye health benefits of the vitamins and minerals tested. There is no cure for AMD, so support is critical.

The physicians of Focus MaculaPro based their formula on the one used in the AREDS study.

**What is Macular Degeneration?**

Age-related macular degeneration (also known as AMD or ARMD) is a disease of the macula, a small area of nerve tissue in the retina at the back of the eye. The macula allows you to see fine details clearly and do things such as read and drive. When the macula does not work properly, your central vision may become blurry, dark or distorted.

There are two types of AMD: dry (nonexudative) and wet (exudative). Ninety percent of people with AMD have the "dry" form. This condition is associated with aging and results in damage to the macular tissue. Vision loss is gradual. Ten percent of people with AMD have the "wet" form. Wet AMD is caused by abnormal blood vessels forming under the macula. These blood vessels leak fluid or blood into the macula, which results in severe and rapid vision loss.

**About Focus MaculaPro**

Focus MaculaPro™ was developed by a group of over 400 retina specialists (the medical doctors who specialize in treating AMD). These physicians represent some of the most prestigious retina institutions in the U.S. and are members of the American Society of Retina Specialists, the Retina Society, and other highly regarded retina specialist organizations.

As AMD experts, they treat thousands of patients annually, have participated in important research studies of new treatments for AMD, and have collectively written many scientific papers on AMD.

Focus MaculaPro was developed to provide patients with AMD a trusted, economical, physician-recommended product of the highest quality. Focus MaculaPro is manufactured in an FDA-registered facility using only high quality ingredients. Extensive testing is performed to assure the quality of Focus MaculaPro.

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**Nutritional Supplements and Eye Health**

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The vitamins/minerals and dosages in the study were:

- Vitamin C: 500 mg
- Vitamin E: 400 IU
- Vitamin A/Beta Carotene: 25,000 IU
- Zinc Oxide: 80 mg
- Copper Oxide: 2 mg

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Are the high dosages of these vitamins and minerals safe?
The AREDS study followed 3,600 patients for seven years and monitored them for side effects very closely. Out of thousands of patients, some AREDS participants experienced minor side effects, but no serious side effects from the supplements were found.

Can I take a daily multivitamin if I am taking Focus MaculaPro?
Yes, as long as you first check with your primary care doctor and he or she approves of your taking the combination of the additional multivitamin.

Can a daily multivitamin alone provide the same levels of antioxidants and zinc as Focus MaculaPro?
No. Focus MaculaPro’s levels of antioxidants and zinc are considerably higher than the amounts in any daily multivitamin.

Can diet alone provide the same levels of antioxidants and zinc as Focus MaculaPro?
No. The levels of vitamins and minerals are difficult to achieve from diet alone.

Will taking Focus MaculaPro prevent a person from developing AMD?
No. There is no known treatment that can prevent the development of AMD.

Will taking Focus MaculaPro improve my vision?
No. The AREDS study showed that the vitamins and minerals supported eye health, but the AREDS study did not show that patients taking the vitamins and minerals would see improvement in their vision. No vitamin or supplement has ever been scientifically proven to improve vision lost to AMD.

Are former smokers at an increased risk for developing lung cancer if they take high doses of beta carotene?
Large clinical trials sponsored by the National Cancer Institute demonstrated that beta carotene increases the risk of lung cancer in current smokers. Other studies have shown a potential risk in patients who have quit smoking as well. In deciding whether to include beta carotene in a formulation designed to slow the development of advanced AMD, you and your doctor should balance the apparent increase in the risk of lung cancer associated with beta carotene with the risk of AMD progression.

What about other antioxidants such as bilberry and lutein?
The AREDS study did not evaluate bilberry, lutein or other antioxidants. At this time there is no proven benefit in taking these supplements. There are ongoing studies designed to determine if lutein is beneficial for patients with AMD, but results of these studies are not yet available.

The National Eye Institute (NEI) provides additional information on their website at www.nei.nih.gov/amd.