



Comparison Chart 2010

Nutrient	Macula Therapy Formula™	AREDS I	AREDS II
Vitamin A	5000 IU (as retinyl palmitate)	25,005 IU (15 mg of beta-carotene)	0-25,005 mg <small>Evaluating the effects of eliminating beta-carotene</small>
Vitamin C	452 mg (as ascorbic acid)	500 mg	Same as AREDS I
Vitamin E	200 IU (as d-alpha tocopheryl acetate)	400 IU	Same as AREDS I
Copper	1.5 mg (as amino acid chelate)	2 mg (as cupric oxide)	Same as AREDS I
Zinc	40 mg (as zinc oxide)	80 mg (as zinc oxide)	25-80 mg <small>Evaluating the effects of reducing zinc on the progression & development of AMD</small>
Lutein	10 mg (source: marigold)	-	10 mg
Zeaxanthin	1.5 mg	-	2 mg
L-Taurine	400 mg	-	-
Omega 3 Fatty Acids -EPA -DHA	1000 mg (molecularly distilled fish oil) 400 mg 200 mg	-	1000 mg 650 mg 350 mg

- *Vitamin A comparison: a) Beta-carotene was avoided in *Macula Therapy Formula™* based on body of research associating its use with lung cancer, fetal abnormalities and increase risk for osteoporosis, in addition to its potential competition with lutein for delivery.
- *Vitamin E comparison: a) *Macula Therapy Formula™* utilizes the naturally sourced Vitamin E (d-alpha-tocopherol). The AREDS study utilized the synthetically produced form (dl-alpha-tocopherol), which is 50% less active than the natural form.
- *L-Taurine addition: a) It is an amino acid included due to its antioxidant qualities to protect cells and maintain night vision.
- *Zinc comparison: a) Therapeutic levels of zinc at 40-80 mg per day are considered to slow progression of AMD. High levels have been associated with increased risk of urinary tract infection. AREDS II is assessing 25mg/day on progression and development of AMD.