



30 Tabs. MACUSAN

Lutein | Zeaxanthin | Omega-III | Bilberry

Sugar Free & Times Released Tablets

SUPPLEMENT FACTS			
Each Tablet Contains:			
Lutein	10 mg.	Copper	1 mg.
Zeaxanthin	10 mg.	Zinc	10 mg.
Vitamin-A	100 mg.	Sodium Selenite	40 mcg.
Bilberry Extract	250 mg.	L-Methylfolate	100 mcg.
Omega-III	5000 IU.		

Lutein & Zeaxanthin:

These are important nutrients found in green leafy vegetables as well as other foods such as eggs. Many studies have shown that lutein and zeaxanthin reduce the risk of chronic eye diseases including Age-Related Macular degeneration (AMD) and Cataracts. AMD and Cataract incidence are growing, Worldwide, more than 25 million people are affected by Age Related Macular degeneration and the formation of cataracts. AMD is the leading cause of blindness in people over the age of 55 in the world and the incidence is expected to be triple by 2025.

Benefits to Eye Health:

Lutein and Zeaxanthin are carotenoids that filter harmful high energy blue wavelengths of light and act as antioxidants in the eye, helping protect and maintain healthy cells of the 600 carotenoids found in nature only two are deposited in high quantities in the retina (macula) of the eye. (Lutein and Zeaxanthin). The quantity of Lutein and Zeaxanthin in the macular region of the retina can be measured as **Macular Pigment Optical Density (MPOD)**.

Recently, MPOD has become a useful biomarker for not only predicting disease but also visual function. Unfortunately, the human body does not synthesize the lutein and zeaxanthin it needs, which is the reason why green vegetables are essential to good nutrition. Daily intake of lutein and zeaxanthin through diet nutritional supplements or fortified foods and beverages is important for the maintenance of good eye health.

Lutein Zeaxanthin and Cataracts:

The primary function of the crystalline lens (of natural lens in the eye) is to collect and focus light on the retina. To properly provide the function throughout life, the lens must remain clear. Oxidation of the lens is a major cause of cataracts, which cloud the lens. As antioxidant nutrients neutralize free radicals, (unstable molecules) associated with oxidative stress and retinal damage. Lutein and zeaxanthin likely play a role in cataract prevention in fact a recent study demonstrated that higher dietary intakes of lutein and zeaxanthin and vitamin E was associated with a significantly decreased risk of cataract formation.

Lutein Zeaxanthin and Age Related Macular Degeneration:

Much evidence supports the role of lutein and zeaxanthin in reducing the risk of AMD. In fact, The USA National Eye Institute presently is conducting a second large human clinical trial. Age-Related Eye Disease Study AREDS2, to confirm. Whether supplements containing 10mg a day of lutein and 2mg of zeaxanthin per day affect the risk of developing AMD. Beyond reducing the risk of developing eye disease, separate studies have shown that lutein and zeaxanthin improve visual performance in AMD patients.

Bilberry:

Bilberry extracts are also promoted as dietary supplements to help reduce the risk of macular degeneration the irreversible condition that occurs when the macula, the central portion of the retina, deteriorated. The retina is the tissue at the back of the eye that detects light.

Omega-3:

Omega-3 fatty acids also help ward off many eye diseases and help treat dry eye syndrome. Studies show consuming omega-3 fatty acids, whether in foods you eat or in a supplement, may help reduce your risk of developing macular degeneration and glaucoma.

Vitamin A:

Beta-carotene is converted into vitamin A in the body which plays an important role in the body's natural defence against free radicals damage. Beta-carotene is valuable for the health of normal skin, hair, teeth, bones and for the protection against environmental pollutants. Vitamin A helps retard the aging process.

Sodium Selenite:

It is essential for the anti oxidant enzyme glutathione peroxidase which helps to break down peroxidase. Selenium protects intracellular structures against oxidative damage by free radicals. It also help in production of thyroxine hormone and in preservation of normal liver functions.

Folic Acid (As L-Methyl Folate):

Women who consume healthful diet throughout her child bearing years may reduce her risk of having a child with a defect of the brain or spinal cord. Helps maintain normal, healthy function of the intestinal tract, Necessary for amino acid metabolism in the formation of the nucleic acids that form DNA: Necessary for normal growth and development. Necessary for red blood cells formation.

Zinc:

Zinc is important for normal cell division, for functioning of thymus gland, for growth in children and maturation of sex organs at puberty, for the production of male sperm, female ova and for the release of insulin.

DOSAGE:

One tablet daily with meal or as directed by the physician.

CAUTION:

Not use with blood thinning agents. Do not over dose.

SIDE EFFECTS:

Nil within the specified doses.

STORAGE:

Store between 15 to 30 degree centigrade. Protect from heat & light. Keep out of the reach of children.

عمومی خوراک:

ایک گولی روزانہ یا ڈاکٹر کی ہدایات کے مطابق استعمال کریں۔
دستوب، گرمی اور نمی سے بچائیں۔ تمام ادویات بچوں کی پہنچ سے دور رکھیں۔



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