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1.888.851.0009

**MACULA 2® PRODUCT INGREDIENTS**

**MACULA 2® ESSENTIALS**

INGREDIENT	AMOUNT PER SOFTGEL	BENEFIT
Vitamin C	250 mg	Protects the eye and body from oxidative damage. Helps reduce the risk of AMD and cataracts.
Vitamin D3	600 IU (15 mcg)	May reduce the risk of AMD by its anti-inflammatory properties.
Zinc & Selenium	10 mg Zinc, 5 mcg Selenium	Reduce the deficiencies that play a role in diabetic retinopathy and AMD. Protects the structure and function of retinal cell membranes.
Copper	1 mg (1000 mcg)	Trace element that is found virtually in every cell of the body. Gives us pigment in the eye. Also produces ATP which is fuel to the body.
Lutein & Zeaxanthin	10 mg Lutein, 1mg Zeaxanthin	Carotenoids which help keep the retina and brain healthy, strong and fully functional.
Flaxseed Oil	400 mg	Flaxseed oil and EPA/DHA have multiple health benefits including prevention and control of <b>dry eye syndrome</b> .

**MACULA 2® OMEGA-3 & MACULA 2® OMEGA-3 TG-GOLD®**

INGREDIENT	AMOUNT PER SOFTGEL	BENEFIT
EPA/DHA/DPA	400 mg EPA, 300 mg DHA, 70mg DPA	These are the most important components of Omega-3's. They help protect against AMD as well as cardiovascular disease, reduced risk of type 2 diabetes, cognitive decline, rheumatoid arthritis and dry eye.
Vitamin E	10 mg	
Omega-3	1000 mg	

*The Macula 2® products meet the recommendation of the AREDS 2 Study, the Vision Institute of Canada, the LAST Trial (Lutein, Antioxidant Supplementation Trial) and Health Canada. Softgel capsules: gelatin, glycerine water (purified), beeswax yellow*

**PLEASE NOTE: Our original Macula2® Omega-3's are in ethyl ester form. Macula 2® Omega-3 TG Gold® is in triglyceride form.**