

26 February 2024

**Re: Open Letter from Professor John Nolan re CREST Trials and MacuPrime**

To whom it may concern,

As the Director of the Nutrition Research Centre Ireland (NRCI) at South East Technological University (SETU), I feel compelled to provide clarity regarding the efficacy of macular carotenoids for improving vision, particularly for individuals with age-related macular degeneration (AMD), and the specific formulations tested by our research.

Over the past two decades, our dedicated team at the NRCI has been at the forefront of studying the effectiveness of macular carotenoids in enriching macular pigment and enhancing vision for both the general population and AMD patients. It is imperative to emphasise that our recommendations are rooted in rigorous scientific research, particularly through government European Research Council (ERC) funded trials such as the central retinal enrichment supplementation trial (CREST - Grant agreement ID: 281096).

We advocate for the use of eye carotenoid supplements that have been substantiated by scientific evidence, namely through robust clinical trials like CREST. Furthermore, we stress the importance of third-party certification, ensuring the stability and reliability of the carotenoids present in the product. We recommend looking for supplements that bear the mark of 'Supplement Certified' to ensure quality and consistency.

It is crucial to dispel any confusion regarding any other products associated with our research. MacuPrime has undergone extensive testing relating to blood and eye response and holds over 20 years of scientific validation from the NRCI. We have not conducted clinical trial studies on nor can we endorse the efficacy of any other product.

I must clarify that while I am often cited as the scientist involved with the development and study of other commercially available products promoted for vision and AMD, I want to make it unequivocally clear that I have no association with any other product. I cannot attest to the current sourcing of its ingredients, its effectiveness, or its stability.

For absolute clarity, it should be noted that SETU receives royalties from MacuPrime as part of an intellectual property agreement managed by our Technology Transfer Office. This agreement reflects our commitment to advancing scientific discoveries for the benefit of society.

In conclusion, I urge healthcare professionals and their patients to make informed decisions based on scientific evidence. MacuPrime stands as the culmination of our extensive efforts and remains the recommended supplement backed by the NRCI.

Yours sincerely,



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Professor John Nolan  
Director, Nutrition Research Centre Ireland  
South East Technological University

