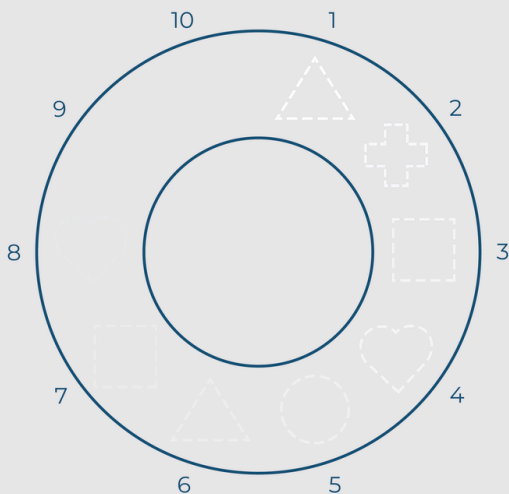





# Contrast Sensitivity Test



## How to do your weekly contrast sensitivity test

- 1** Choose a room with moderate light
- 2** Hold this card at normal reading distance (wear your normal reading glasses if you use them)
- 3** Cover one eye and with the other try to name the shapes from 1 to 10
- 4** The number at which you can't confidently see the shape indicates your contrast sensitivity level
- 5** Switch to the other eye and repeat

## How did you do?

Score	Contrast sensitivity	Potential impact on vision
 7-10	<b>Good</b>	Happy with vision
 4-6	<b>Average</b>	May struggle with glare and night-time driving
 1-3	<b>Poor</b>	Unhappy with vision, avoids driving at night, suffers visual fatigue, blurred vision with increased risk of falls

**IMPORTANT** – This result will give you a general idea of your contrast sensitivity level. If you have any concerns about your vision, please consult an eye care professional.

## Only MacuPrime is

- ▶ supported by **15 clinical studies** at Nutrition Research Centre Ireland, SETU.
- ▶ tested & verified by **Supplement Certified** every 3 months ensuring purity, safety and the highest quality supplement.



## Clinical studies have shown:

Supplementation can help improve **night-time driving** & issues with **glare**

**CREST Healthy Eyes, 2016** - After 1 year, people with healthy eyes & no AMD had significant improvements in contrast sensitivity, glare disability and photo-stress recovery.

Supplementation **can help** people at-risk of AMD & those diagnosed with **AMD**

**MOST Study, 2012** - 3-year study proved that early AMD patients will benefit with increased macular pigment, improved contrast sensitivity and no progression of disease.

**CREST AMD, 2017** - After 24 months MacuPrime PLUS was proven to help improve visual performance including contrast sensitivity and glare in early stage AMD patients.

### MacuPrime

1 a day



- 10mg Lutein
- 10mg Meso-Zeaxanthin
- 2mg Zeaxanthin

### MacuPrime PLUS+

AREDS2 based formula,  
4 a day



- 10mg Lutein
- 10mg Meso-Zeaxanthin
- 2mg Zeaxanthin
- Copper, Zinc, Vitamin C & E