

MacuShield: The UK's most recommended Eye Supplement

# Be aware of changes to your vision



## MacuShield Gold to help maintain normal vision

MacuShield Gold combines the original MacuShield® formulation alongside vitamins and minerals. Contains zinc for the maintenance of normal vision.

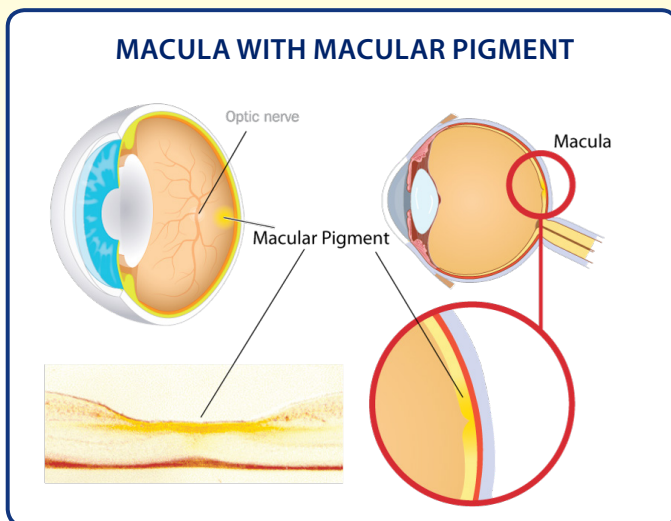
 ALLIANCE

Developed by **Eye Health Experts**

## MacuShield - a *meso*-zeaxanthin, lutein and zeaxanthin food supplement. Developed in collaboration with leading international eye health experts.

This once-a-day easy to swallow capsule combines all three macular carotenoids in a unique formula containing *meso*-zeaxanthin.

Scientific Research shows that these three nutrients are found at the back of the eye, at the macula, the specialised part of the eye that is responsible for our detailed, central vision. Here they form the macular pigment (yellow colour). *Meso*-zeaxanthin is particularly concentrated at the centre of this pigment



### Did You Know?

The fruit and veg we eat every day contains all these nutrients. Here are some examples of fruit and veg which are high in the nutrients found in MacuShield and MacuShield Gold



1 bowl of fresh spinach (80g) contains approx. 10mg of Lutein and Zeaxanthin



1 portion of peas (80g) contains approx. 2mg of Lutein and Zeaxanthin



1 Orange (peeled) contains approx. 70mg of Vitamin C



1 Kiwi (peeled) contains approx. 84mg of Vitamin C

## MacuShield Gold is a more advanced product and has been formulated on the recommendations from large scale scientific research.

Alongside the MacuShield Original ingredients (*meso*-zeaxanthin, lutein, zeaxanthin), it contains zinc to help maintain normal vision, copper and high dose vitamin C, and vitamin E which contributes to the protection of cells from oxidative stress.

MacuShield Gold has been designed to maximise the nutritional support we can offer our eyes as we age.

MacuShield Gold helps maintain adequate intake of these important nutrients in conjunction with a balanced diet.

### Comparison Table

Ingredient	Amount per daily dose	
	MacuShield	MacuShield Gold
Meso-zeaxanthin	10mg	10mg
Lutein	10mg	10mg
Zeaxanthin	2mg	2mg
Zinc	-	25mg
Vitamin C (L-ascorbic acid)	-	500mg
Vitamin E (d-alpha-tocopherol)	-	268mg a-TE
Copper	-	2mg



### Did You Know?

**Nuts and seeds are a good source of vitamin E and red meat is a good source of zinc**



100g bag of Almonds contains approx. 24mg of Vitamin E



50g bag of roasted peanuts (unsalted) contains approx. 3mg of Vitamin E



1 Beef ribeye fillet (129g) contains approx. 14mg of Zinc



### MacuShield

*The UK's most recommended eye supplement*

#### Ingredient list:

Lutein	10mg
Meso-Zeaxanthin	10mg
Zeaxanthin	2mg



### MacuShield Gold

*for the maintenance of normal vision\**

#### Ingredient list:

Lutein	10mg
Meso-Zeaxanthin	10mg
Zeaxanthin	2mg
Vitamin C	500mg
Vitamin E	268mg a-TE
Zinc	25mg
Copper	2mg

\*Contains zinc for the maintenance of normal vision

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