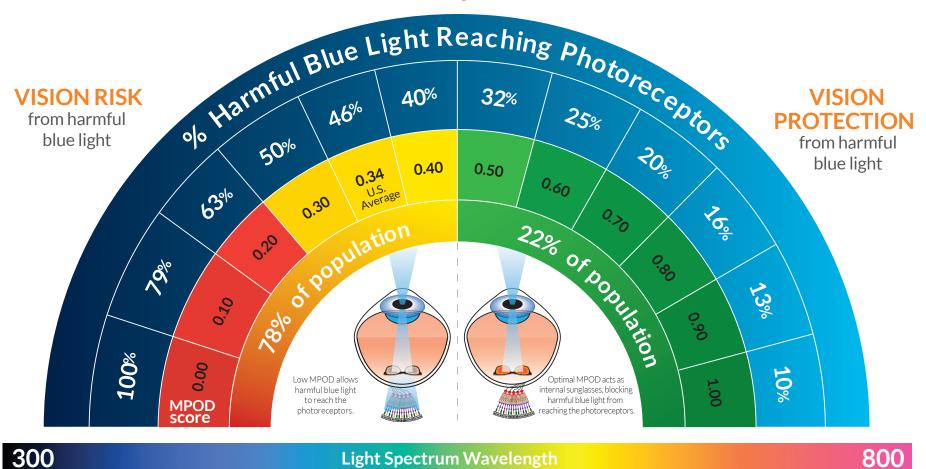
How Does Your MPOD Measure Up?



Healthy, or dense, macular pigment protects your eyes from blue light damage. Evaluate your risk with macular pigment optical density (MPOD) measurement.

Where does your score fall?



UV RANGE Protect cornea/lens with external sunglasses

300 - 400

400 - 520 **BLUE LIGHT HAZARD** Protect retina with

internal sunglasses







Sunlight Computers



TVs



Lights





Cell Phones Tablets



** Ciulla, Ophthalmology 2001, 108: 730-737 Hammond, Recent Research Dev. Nutr. 2002 (5)

Improve Your MPOD with Supplementation



24-month supplementation with EyePromise® Restore (2 softgels a day) has resulted in*:

MPOD Score % Change Over 24 Months

INITIAL MPOD				
SCORE RANGE	6-months	12-months	18-months	24-months
<.20	171.0%	297.0%	421.0%	502.0%
.2130	91.2%	131.4%	166.6%	191.2%
.3140	29.2%	56.1%	72.6%	84.2%
.4150	9.4%	13.2%	31.3%	49.3%
Over .50	6.7%	11.9%	21.2%	20.4%
Mean Increase	24.3%	46.2%	66.7%	82.6%

WHAT YOU SHOULD KNOW:

- Zeaxanthin and lutein, which make up macular pigment, are essential to increase MPOD scores.
 - Zeaxanthin and lutein are potent antioxidants found in the EyePromise macular health line of eye vitamins.
- EyePromise is the only eye vitamin line guaranteed to increase MPOD.
 - Even those with higher initial MPOD scores saw continual improvements with EyePromise supplementation.

- Standard dosage starts at 2 softgels a day. Once optimal MPOD protection is reached (>.50 MPOD score), reduce to 1 softgel a day for maintenance.
 - Long-term EyePromise supplementation is crucial to sustain improved MPOD.
 - Schedule regular MPOD tests to monitor progress.
- Improvements in vision have also been reported.
 - **Contrast sensitivity:** the ability to distinguish the difference between objects and their backgrounds
 - Glare recovery: the time it takes to see "normal" again after being exposed to bright light
 - **Visual clarity:** the ability to see fine details (read small print in low-light situations)