



The Facts: How **Meso-Zeaxanthin** shields the macula

MacuShield is a unique supplement which exclusively contains all three macular carotenoids, including meso-zeaxanthin. So why is meso-Z so important?

Significant research has been conducted into the protective role of the macular pigments at the retina as antioxidants and as a blue light filter. Blue light can cause degeneration of the central retina, an area known as the macula. Meso-Z, along with lutein and zeaxanthin, protects the macula by absorbing blue light and by neutralising free radicals, at this important retinal location.

Meso-Z is the dominant carotenoid at the central macula; of the three, it is the most powerful antioxidant and facilitates a wider range of blue light filtration. At an anatomic level, meso-Z is more closely related to vulnerable photoreceptors than either lutein or zeaxanthin, and is therefore ideally located to protect against free radical damage.

A typical diet does not contain meso-Z. It is generated in the body from lutein. It has been suggested that some people may lack the ability to convert lutein to meso-Z in the body. However, recent research has shown that supplementation with meso-Z will ensure that it accumulates at the target tissue (i.e. the central macula) in a way that is not dependent on conversion of lutein.

**To find out more, please visit:
www.macushield.com**



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