

A Vitamin Formulation Guide To Support Genotype-Directed Eye Vitamin Selection

There is a growing list of Eye Vitamin suppliers who have developed formulations to serve Genotype-Directed Supplementation as per the Vita Risk®/Macula Risk® PGx genetic testing service.

AREDS/AREDS2 eye supplements are the standard of care for patients diagnosed with Dry Age Related Macular Degeneration (AMD). The pivotal controlled clinical trials have shown that these AREDS-based preparations with at least 25 mg of zinc per day can prevent or delay the progression to advanced AMD with vision loss in most patients.

This average benefit (25% positive benefit) is the result of varying responses from AREDS patients with different AMD genetic profiles. Some patients will benefit with as much as an 85% reduction in risk while others may experience a deleterious effect from AREDS-based formulations. The zinc component of AREDS has been shown to offer significant benefit in most patients but a negative result in others. Patients may benefit from taking the appropriate eye vitamin supplement determined by his or her combined CFH and ARMS2 genotype.^{1,2}

The purpose of this guide is to allow your practice to view the current list of vitamin manufacturers now offering the appropriate formulation to suit each specific patient.

CLICK TO VIEW BY MANUFACTURER ▼	COMPANY AND CONTACT INFORMATION
DOCTOR'S ADVANTAGE	info@doctorsadvantage.net • 888-393-3625 www.DoctorsAdvantage.net
DOCTORS OPTIMAL FORMULA	http://www.doctorsoptimalformula.com/ Passcode: ArcticDx To set up account, contact Chris Perrella at cperrella@doctorsoptimalformula.com or (904) 758-2088
EYESCIENCE®	Jeff Northup • jnorthup@eyescience.com
FOCUS VISION SUPPLEMENTS	To order by phone or for wholesale purchasing information, please call (855) 663-6287 www.focusvitamins.com
FORTIFEYE VITAMINS	1-866-503-9746 • www.fortifeye.com
IRX	Laura Graham 1-855-479-3937 • laura@amd labs.com
LUNOVUS	Kristin Gore 205-969-8801 Toll-free 1-800-980-6551 • www.lunovus.com
MACUHEALTH	garry@macuhealth.com • www.macuhealth.com
PURE ENCAPSULATIONS	Nicole Gross: ngross@purecaps.com • www.PureEncapsulations.com
VISIVITE® EYE FORMULATIONS	Nancy Golinko, V.P. Vitamin Science Inc. 1-800-427-7660 Ext 2 • Email: ngolinko@visivite.com
VITEYES	Physician Relations Specialist: 248-599-9222 • Customer Service: 1-800-890-EYES (3937)
ZEAVISION	Email: info@Zeavision.com • www.EyePromise.com • Toll-free 1 (866) 833 2800
AN UP-TO-DATE LIST OF MANUFACTURERS THAT PRODUCE ZINC-FREE AREDS-BASED EYE VITAMINS IS AVAILABLE ON LINE AT: http://macularisk.com/amd-pharmacogenetics/eye-vitamins-for-amd.html	

¹ Awh C, Lane A, Hawken S, Zanke B, Kim IK. CFH and ARMS2 genetic polymorphisms predict response to antioxidants and zinc in patients with Age-related Macular Degeneration. *Ophthalmology*. 2013;120(11): 2317-2323.

² Awh C, Hawken, S, Zanke, B. Treatment Response to Antioxidants and Zinc Based on CFH and ARMS2 Genetic Risk Allele Number in the Age-Related Eye Disease Study, *Ophthalmology*, 2015; 122(1) 162-169

Viteyes					
	AREDS 2	AREDS 2 Zinc Free	AREDS 2 Plus Omega-3	AREDS 2 Powder	AREDS 2 Advanced
Vitamin C	500 mg	500 mg	500 mg	500 mg	500 mg
Vitamin E	400 IU	400 IU	400 IU	400 IU	400 IU
Zinc	25 mg		25 mg	25 mg	25 mg
Copper	2 mg		1.2 mg	2 mg	2 mg
Lutein	10 mg	10 mg	10 mg	10 mg	10 mg
Zeaxanthin	2 mg	2 mg	2 mg	2 mg	3.5 mg
Omega-3 Fatty Acids			1,000 mg	Daily Multivitamin	bilberry, grape seed extract & alpha-lipoic acid
Daily Dosage	Available in 2 capsules or 2 softgels (new!)	2 capsules	3 softgels	1 scoop, mix with water	2 capsules
Company Contact	Customer Service 24/7 - 1-800-890-EYES (3937) • Physician Relations Specialist: 248-599-9222				

Doctor's Advantage						
	Macular Shield AREDS 2 plus Complete Multivitamin	Macular Shield AREDS 2 w Zinc	Macular Shield AREDS 2 w/o Zinc		Daily Shield	
					Eye Shield Complex	
Vitamin A				2,500 IU	Citrus Bioflavonoids	150 mg
Vitamin C	500 mg	500 mg	500 mg	500 mg	Turmeric Extract as Curcumin	50 mg
Vitamin E	400 IU	400 IU	400 IU	60 IU	Alpha Lipoic Acid	30 mg
Zinc	25 mg	25 mg		25 mg	Acai Berry	32 mg
Copper	1 mg	1 mg		2 mg	Maqui Berry	32 mg
FloraGLO Lutein 5%	10 mg	10 mg	10 mg		FloraGLO Lutein 5%	10 mg
Zeaxanthin 2%	2 mg	2 mg	2 mg		Zeaxanthin 2%	2mg
Vitamin D	800 IU			800 IU	Trans-Resveratrol 20%	5 mg
Thiamine	1.5 mg			9 mg	Bilberry	15 mg
Niacin	20 mg			20 mg	Broccoli	75 mg
Vitamin B-6	10 mg			20 mg	N-Acetyl Cysteine	50 mg
Folic Acid	400 mcg			400 mcg	Green Tea Leaf Extract	50 mg
Vitamin B-12	50 mcg			75 mcg	Quercetin	40 mg
Biotin	30 mcg			200 mcg	Grape Seed Extract	40 mg
Pantothenic Acid	10 mg			10 mg	Kale	32 mg
Calcium	100 mg			100 mg	Spinach	32 mg
Magnesium	50 mg			50 mg	Pomegranate Extract	15 mg
Coenzyme Q-10	400 mcg				Coenzyme Q-10	1 mg
Chromium	150 mcg			200 mcg		
Selenium				70 mcg		
Taurine				250 mg		
Citrus Bioflavonoids	80 mg					
Bilberry	25 mg					
Riboflavin	1.7 mg				Riboflavin	10 mg
Daily Dosage	2 twice daily					
Company Contact	Email: info@doctorsadvantage.net • 888-393-3625 • www.DoctorsAdvantage.net					

Focus Vision Supplements			
	Focus Select® Premium Macular Health Formula	Focus Select® Zinc Free Premium Macular Health Formula	Focus MaculaPro® Macular Health Formula
Vitamin A (as beta carotene)			25,000 IU
Vitamin C (as ascorbic acid)	500 mg	500 mg	500 mg
Vitamin E (as dl-alpha tocopherol acetate)	400 IU	400 IU	400 IU
Zinc (as zinc oxide)	25 mg		80 mg
Copper (as cupric oxide)	1.4 mg		2.8 mg
Lutein	10 mg	10 mg	
Zeaxanthin	2 mg	2 mg	
Daily Dosage	2 softgels	2 softgels	2 tablets
Company Contact	Call (855) 663-6287 • www.focusvitamins.com		

VisiVite® Eye Formulations						
	ProVision Macular Health	VisiVite® AREDS2 Select Formula	VisiVite® AREDS2 PLUS+ Gold Formula	VisiVite® AREDS2 Zinc-Free White Formula	VisiVite® AREDS2 E-Free Blue Formula	VisiVite® Balanced Ocular Support
Vitamin B6			20 mg		20 mg	
Vitamin C	500 mg	500 mg	500 mg	500 mg	500 mg	
Vitamin E	400 IU	400 IU	400 IU	400 IU		
Zinc	40 mg	40 mg	40 mg		80 mg	
Copper	1.2 mg	1.2 mg	1.2 mg		2 mg	
Lutein	10 mg	10 mg	15 mg	10 mg	20 mg	15 mg
Zeaxanthin	2 mg	2 mg	4.75 mg	2 mg	4.75 mg	
Bilberry			50 mg		50 mg	50 mg
L-glutathione			10 mg		10 mg	
Selenium			200 mg		200 mg	
Alpha Lipoic Acid			20 mg		20 mg	125 mg
Grape Seed Extract			20 mg		20 mg	50 mg
Carotenoid Complex						4 mg
European Black Currant						91 mg
Ginkgo Biloba						60 mg
N-Acetyl-L-Cysteine						50 mg
Quercetin						50 mg
Rutin						50 mg
Taurine						75 mg
Turmeric						100 mg
Gluten-Free, No added Artificial Colors, No Sugars or Artificial Sweeteners, No Synthetic Fillers.						
Daily Dosage	2 gel caps	2 veg caps	2 veg caps	2 veg caps	2 veg caps	2 veg caps
Company Contact	Nancy Golinko, V.P., Vitamin Science, Inc. 1-800-427-7660 Ext 2 Email: ngolinko@visivite.com www.visivite.com/doctor-account.html					

Lunovus			
	AREDS II	Zinc Free Areds II	Zinc Only (80mg)
Vitamin C	500 mg	500 mg	
Vitamin E	400 IU	400 IU	
Zinc	25 mg		80 mg
Copper	2 mg		2 mg
Lutein	10 mg	10 mg	
Zeaxanthin	2 mg	2 mg	
Other			
Daily Dosage	2 per day	2 per day	1 per day
Company Contact	Kristin Gore 205-969-8801 Toll-free 1-800-980-6551 www.lunovus.com		

Doctors Optimal Formula				
Brand/Content	Eye Formula AREDS 2 with Zinc	Eye Formula AREDS 2 w/o Zinc	Whole Body AREDS2 with Zinc	Whole Body AREDS2 w/o Zinc
Vitamin C	500 mg	500 mg	500 mg	500 mg
Vitamin E	400 UI	400 UI	400 IU	400 IU
Zinc	25 mg		25 mg	
Copper	2 mg	2 mg	2 mg	2 mg
Lutein	10 mg	10 mg	10 mg	10 mg
Zeaxanthin	2 mg	2 mg	2 mg	2 mg
Mesozeaxanthin	11 mg	11 mg	11 mg	11 mg
Vitamin D3			10 mg	10 mg
Coenzyme Q-10			40 mg	40 mg
Acetyl-L Carnitine	150 mg	150 mg	300 mg	300 mg
Grape Seed Extract	150 mg	150 mg		
Calcium Carbonate			240 mg	240 mg
Thiamin			1.5 mg	1.5 mg
Riboflavin			1.71 mg	1.71 mg
Niacin			20 mg	20 mg
B-6			3 mg	3 mg
Folic Acid			0.4 mg	0.4 mg
B 12			30 mcg	30 mcg
Biotin			0.1 mg	0.1 mg
Pantothenic Acid			3 mg	3 mg
Magnesium Oxide			30 mg	30 mg
Potassium Gluconate			75 mg	75 mg
Acai Berry			100 mg	150 mg
Omega 3 Powder			250 mg	250 mg
Transresveratrol Granular			75 mg	75 mg
Selenium	200 mcg	200 mcg	200 mcg	200 mcg
Lycopene	4 mg	4 mg	4 mg	4 mg
Eyebright	10 mg	10 mg	10 mg	10 mg
Bilberry	100 mg	100 mg	40 mg	40 mg
Daily Dose	2 capsules/day		3 capsules/day	
Contact	www.doctorsoptimalformula.com Passcode: ArcticDx To set up account, please contact Chris Perrella Email: cperrella@doctorsoptimalformula.com Call (904) 758-2088			

AMD Labs, LLC	iRX	
	Antioxidants w/o Zinc	Antioxidants with Zinc
	Per Day	Per Day
Vitamin C (as ascorbic acid)	500 mg	500 mg
Vitamin E (d-alpha tocopheryl succinate)	400 IU	400 IU
Zinc (as zinc oxide)		80 mg
Copper (as copper gluconate)		2 mg
Lutein (from marigold extract)	10 mg	10 mg
Zeaxanthin	2 mg	2 mg
Daily Dosage	4 Tablets	4 Tablets
Company Contact	Laura Graham 1-855-479-3937 • laura@amd labs.com	

	ZeaVision Zinc-Free Formulas	ZeaVision Formulas with Zinc	
Brand/Product	EyePromise AREDS2 Plus - Zinc Free	EyePromise AREDS2 Plus Multi	EyePromise Restore
Vitamin A		5,000 IU	
Vitamin C	500 mg	500 mg	120 mg
Vitamin E	400 IU	400 IU	60 IU
Zinc		40 mg	15 mg
Copper		2mg	
Lutein	10 mg	10 mg	4 mg
Zeaxanthin	10 mg	10 mg	8 mg
Vitamin D	2000 IU	2,000 IU	1,000 IU
Vitamin K1		25 mcg	
Vitamin B1		1.5 mg	
Vitamin B2		1.7 mg	
Vitamin B3		20 mg	
Vitamin B6		2 mg	
Folic Acid		400 mcg	
Vitamin B12		6 mcg	
Biotin		30 mcg	
Iron		18 mg	
Pantothenic Acid		10 mg	
Iodine		150 mcg	
Magnesium		100 mg	
Fish Oil	250 mg	250 mg	250 mg
EPA	100 mg	100 mg	100 mg
DHA	75 mg	75 mg	75 mg
Mixed Tocopherols	20 mg	20 mg	6 mg
Alpha Lipoic Acid	10 mg	20 mg	10 mg
Selenium		20 mcg	
Chromium		5 mcg	
Molybdenum		75 mcg	
Boron		150 mcg	
Vanadium		10 mcg	
Nickel		120 mcg	
Tin		10 mcg	
Daily Dosage	2 softgels/day	1 tab & 1 softgel/day	1 - 2 softgels/day
Contact	www.EyePromise.com • info@ZeaVision.com • Toll-free 1 (866) 833 2800		

Fortifeye Vitamins									
Brand/Content	Complete Once Daily	Fortifeye Complete	Macular Defense	Macular Defense Zinc-Free	Focus	Super Omega	AREDS2 Plus	Organic Blue Green Superfood Serving size: 7 grams	
Vitamin C	150 mg	300 mg	450 mg	500 mg			500 mg	Calories	25
Vitamin E	15 IU mixed tocopherols and tocotrienols	30 IU mixed tocopherols and tocotrienols	45 IU mixed tocopherols and tocotrienols	45 IU mixed tocopherols and tocotrienols			400 IU	Total carbohydrates Dietary Fiber Sugars	5 g 1 g 1 g
Zinc	13.5 mg	27 mg	40 mg				80 mg		
Copper							2 mg		
Lutein	7.5 mg	15 mg	22.5 mg	20 mg	10 mg		10 mg	Protein	1 g
Zeaxanthin Isomers**	1.5 mg	3 mg	4.5 mg	4.5 mg	2 mg		2 mg	Vitamin A	775 mg
** from Lutemax 2020TM is a trademark of Omni Active Health Technologies.								Vitamin C	1.5 mg
Omega-3 as TG						1,600 mg			
Omega 3 EPA						860 mg		Calcium	23 mg
Omega 3 DHA						580 mg		Iron	2.5 mg
Vitamin D3	750 IU	1,500 IU	2,250 IU	2,250 IU				Sodium	20 mg
Thiamin	6 mg	12 mg	18 mg	10 mg				Organic Spirulina Powder	1,000 mg
Riboflavin	3.25 mg	6.5 mg	10 mg	8 mg				Organic Blueberry Fruit Powder	1,000 mg
Niacin	13 mg	26 mg	29 mg	24 mg				Organic Wheat Grass Juice Powder	500 mg
Astaxanthin					6 mg		2 mg	Organic Barley Grass Juice Powder	500 mg
Vitamin B6	8 mg	16 mg	24 mg	18 mg				Organic Kale Leaf Powder	500 mg
Folate	300 mcg	200 mcg	300 mcg	300 mcg				Organic Spinach Leaf Powder	500 mg
Vitamin B12	125 mcg	250 mcg	375 mcg	375 mcg				Organic Parsley Leaf Powder	250 mg
Biotin	175 mcg	350 mcg	525 mcg	500 mcg				Organic Cucumber Fruit Powder	250 mg
Pantothenic acid	20 mg	40 mg	60 mg	50 mg				Organic Peppermint Leaf Powder	250 mg
Calcium	40 mg	80 mg	120 mg	120 mg				Organic Cranberry Fruit Powder	250 mg
Phosphorous	22.5 mg	45 mg	67.5 mg	67.5 mg				Organic Strawberry Fruit Powder	250 mg
Magnesium	16.5 mg	33 mg	50 mg	49.5 mg				Organic Stevia Leaf Powder	90 mg
Selenium	33.5 mcg	67 mcg	100 mcg	100 mcg				Organic Cinnamon Bark Powder	50 mg
Manganese	0.67 mg	1.34 mg	2 mg	2 mg				Other ingredients: Organic Pineapple Fruit Powder, Organic flavors, Silicon Dioxide.	
Chromium	50 mcg	100 mcg	150 mcg	150 mcg					
Coenzyme Q10	20 mg	40 mg	60 mg	60 mg					
Alpha lipoic acid	66.5 mg	133 mg	200 mg	199.5 mg					
Boron	66.5 mcg	133 mcg	200 mcg	199.5 mcg					
Bromelain	6.5 mg	13 mg	20 mg	19.5 mg					
Acetyl-L-Carnitine HCl	66.5 mg	133 mg	200 mg	90 mg					
Hesperidin complex	3 mg	6 mg	10 mg	9 mg					
N-Acetylcysteine	50 mg	100 mg	150 mg	150 mg					
Quercetin dehydrate	6.5 mg	13 mg	20 mg	19.5 mg					
Taurine	83 mg	166 mg	250 mg	225 mg					
Turmeric root extract	10 mg	20 mg	30 mg	30 mg					
Vanadium	3 mcg	6 mcg	9 mcg	9 mcg					
Lycopene	1 mg	2 mg	3 mg	3 mg					
Tocotrienols	5 mg	10 mg	15 mg	15 mg					
Resveratrol	10 mg	20 mg	30 mg	40 mg			40 mg		
Bio Active High ORAC	256 mg	512 mg	768 mg	760 mg					
Antioxidant Blend: Green tea leaf extract, lycium (Goji) berry extract (from 15 mg of 5:1 extract), kale/spinach/blueberry complex, bilberry fruit extract, grape seed extract, acai (Euterpe oleracea) fruit extract, cocoa extract, pomegranate fruit extract, cinnamon bark extract, mangosteen fruit extract.									
Daily Dose	One tablet daily	2 tablets	3 tablets	3 tablets	1 soft gel	2 soft gels	2 capsules	1 scoop (7 grams) Servings per container: 20	
Contact	1-866-503-9746 www.fortifeye.com								

Brand/Content	EyeScience	
	EyeScience® Macular Health Formula, 60ct.	EyeScience® ZINC-FREE Macular Health Formula, 60ct.
Vitamin C	500 mg	500 mg
Vitamin E	400 IU	400 IU
Zinc	40 mg	
Copper	2 mg	
FloraGLO® Lutein	10 mg	10 mg
Zeaxanthin	2 mg	2 mg
Vitamin B6	20 mg	
Vitamin D3	1,000 IU	
Folate	200 mcg	
Alpha Lipoic Acid	20 mg	20 mg
Grape Seed Extract	20 mg	20 mg
L-Glutathione	10 mg	10 mg
Selenium	50 mcg	
Eyebright Herb	10 mg	
AstaReal™ Astaxanthin	2 mg	
Bilberry	15 mg	15 mg
Daily Dosage	2 Capsules per day	
Contact	Jeff Northup • jnorthup@eyescience.com	

Brand/Content	Pure Encapsulations	
	EyeProtect Basics	EyeProtect Basics w/o Zinc
Vitamin C	500 mg	500 mg
Vitamin E	400 IU	400 IU
Zinc	25 mg	
Copper	2 mg	2 mg
Lutein	10 mg	10 mg
Zeaxanthin	2 mg	2 mg
Daily Dosage	Daily dose = 2 vegetarian capsules / day	
Contact	www.PureEncapsulations.com Nicole Gross ngross@purecaps.com	

Brand/Content	MacuHealth	
	MacuHealth with LMZ3	MacuHealth PLUS+
Vitamin C		500 mg
Vitamin E		400 iu
Zinc		25 mg
Copper		2 mg
Lutein	10 mg	10 mg
Zeaxanthin	2 mg	2 mg
Mesozeaxanthin	10 mg	10 mg
Daily Dosage	1 softgel daily	1 sachet of 4 Softgels daily (1 Carotenoid Supplement and 3 Antioxidant Supplements)
Contact	garry@macuhealth.com • www.macuhealth.com	

To learn more about Genotype-Directed Eye Vitamin Therapy contact

Customer Service: **1 (866) 964-5182**

Email: customerservice@macularisk.com

www.macularisk.com

*All information herein has been provided to Arctic by the vitamin manufacturers referenced.