

For more information, visit:

www.azuloptics.com

www.macularsociety.org

[www.macular.org/
ultra-violet-and-blue-light](http://www.macular.org/ultra-violet-and-blue-light)

How well protected are your eyes against bright light?

MP-eye assesses the level of macular pigments in your eyes. These naturally protect your retina against dangerous high energy visible light (violet/blue).

Your macular pigment score: _____

Date of assessment: _____

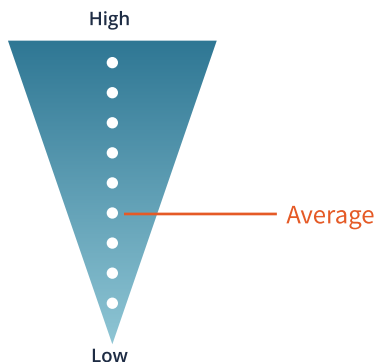
We recommend your next assessment is in : _____

Importance of macular pigments

Macular pigments absorb violet/blue visible light, and protect your retina from damage. The higher your score, the more macular pigments you have, and the better your eyes are protected.

How your score compares

Your score



What to do if your macular pigments are low

You can take actions to protect your eyes and improve your natural protection.



Reduce exposure

Wearing hats and glasses that reduce the amount of violet/blue light that reaches your retina e.g. sunglasses, photochromic and blue-filtering lenses.



Improve protection

Eating more dark green leafy vegetables and brightly coloured fruits can increase macular pigment density, improving your natural defences against light damage.



Quit smoking

It's important to stop smoking, as smoking decreases your macular pigment levels and increases the chance of losing vision through macular degeneration



Get fit / lose weight

Your body stores macular pigments in body fat, so staying fit and managing your weight can help you maintain good eye health.



Consider supplements

Taking eye supplements that contain lutein and zeaxanthin can increase macular pigment density, improving your defences against light damage.