

For more information, visit:

www.azuloptics.com

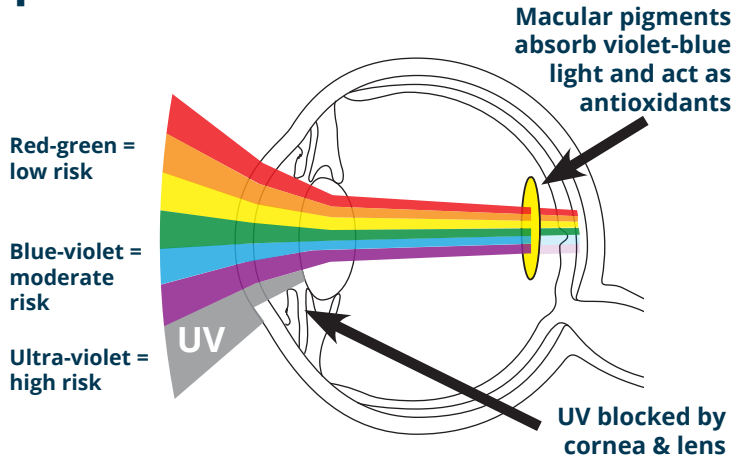
www.macularsociety.org/diet-and-exercise

www.preventblindness.org/blue-light-and-your-eyes/

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 by absorbing dangerous high energy visible (violet-blue) light and acting as antioxidants.

Macular pigments protect the retina



Your macular pigment score: _____

/10

Date of assessment: _____

Recommended next assessment in: _____

What to do if your macular pigments are low

You can take actions to protect your eyes and improve your macular pigment score.



Reduce exposure

Wearing hats and protective lenses 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.



Don't smoke

Smoking decreases your macular pigment levels and increases the chance (by up to 400%) 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 natural defences.