



Macular Degeneration

"The well-known Age-Related Eye Disease Study (AREDS), a large nationwide, placebo-controlled trial, showed that supplementation with certain vitamins and minerals (vitamin C, vitamin E, beta carotene, zinc and copper) reduced the risk of advanced AMD by about 25% over a five-year period compared to placebo." The study involved more than 3,600 adults ages 55 to 80.

"The AREDS study was followed by AREDS2, which tested variations of the original supplement. Instead of beta carotene" (Note: in a Finnish study a couple decades ago, smokers were given a very low level of synthetic beta carotene in isolation and were found to have an increased risk of lung cancer. Carotenoids exist in families in nature not in isolation, which coupled with beta carotene being synthetic, some scientists believe accounted for the negative result.) "two other carotenoids with strong links to eye health – lutein and zeaxanthin – were used. This substitution was found to be just as effective as beta carotene and avoided the cancer concern, so AREDS2 supplements use lutein and zeaxanthin." Excerpt from Anti-Aging Nutrition for Eyes, Tufts Health & Nutrition Letter, July 2017.

NeoLife products are not intended to diagnose, treat or cure any disease. (3/2018)

GOOD

Good

Product Name	Quantity	Notes
*ProVitality	1 packet	daily
NeoLifeShake	1 serving	2 scoops / 1 serving
**Carotenoid Complex	6 capsules	daily
Vitamin A	1-3	follow label directions

*if digestive trouble take 2 Lipotropic Adjunct. **Most important. BETTER

Better

Product Name	Quantity	Notes
*ProVitality	1 packet	daily
NeoLifeShake	1 serving	2 scoops / 1 serving
Carotenoid Complexx	6 capsules	divided AM and PM
Vitamin A	1-3	follow label directions
Super C	4	divided AM & PM
Vitamin E Plus	1-2 capsules	daily
MultiMin	3 tablets	daily

*If digestive problems take 2 Lipotropic or 1 BetaGest/2 Enzymes with ProVitality BEST

Best

Product Name	Quantity	Notes
ProVitality	1 packet	daily, morning or early afternoon
Stack- Pack: Prime, Sports or Stress	1 packet	daily, morning or early afternoon
Lipotropic Adjunct	2 tablets	with Stack-Pack if not Prime
PhytoDefense	2 packets	one AM and one PM
Vitamin A	1-3	Follow label amounts
Super C	4-6	divided AM and PM
Vitamin E Plus	2 capsules	one AM and one PM
MultiMin	1	evening

Good Program

Better Program

Best Program

Recommended Diet/Notes:
