



DO YOUR EYES LIKE YOUR DIET?

The ELVIS study - Effects of Lutein on Vision



See us on Superfoods, Channel 4:

<http://www.channel4.com/programmes/superfoods-the-real-story/on-demand/65679-002>

We are investigating the link between diet and eye health. Volunteers are needed for a nine month, placebo-controlled investigation of the effects of lutein on the eye. Lutein is a naturally occurring compound found in certain fruits and vegetables. It is thought to protect the eye from age related diseases such as macular degeneration. The aim of the project is to measure the benefits of lutein for the health of the retina and to study how diet influences its absorption in the blood and its accumulation in the eye. This is a collaborative study between Manchester University and Manchester Royal Eye Hospital.

Inclusion criteria

- Healthy men and women age 40-70
- Normal vision

Exclusion criteria

- Severe cataract or retinal disease
- Diabetes
- Regular consumption of lutein tablets
- Pregnancy

For further information, please contact:

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Background

The intervention is a daily capsule containing the food supplement lutein. See here for more information about lutein: <https://en.wikipedia.org/wiki/Lutein>. Harmless specialised vision tests will be used to measure lutein in the eye and to establish retinal health. Four visits to the university are required. A blood sample will be taken at Manchester Royal Infirmary. Benefits: regular free eye examinations for the period of the trial. You will be reimbursed for your time.