# Effects of lutein and omega-3 fat enriched egg consumption on visual function in older adults: Implications for age-related macular degeneration

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
25/06/2018	No longer recruiting	Protocol
Registration date	Overall study status	Statistical analysis plan
28/06/2018	Completed	Results
Last Edited	Condition category	Individual participant data
27/06/2018	Eye Diseases	<ul><li>Record updated in last year</li></ul>

#### Plain English summary of protocol

Background and study aims

Despite ample research showing the ability of lutein, zeaxanthin and omega-3 docosahexaenoic acid (DHA) to benefit retina (eye) function, research using whole foods as a vehicle for these nutrients is lacking. As age-related macular degeneration (AMD) is common among Caucasian older adults, this study investigates whether DHA-enriched egg consumption can improve retina function in this population.

Who can participate? Healthy Caucasian adults aged 50-80

What does the study involve?

Participants consume two lutein and DHA enriched eggs daily for six weeks, while avoiding supplements and foods high in eye-related nutrients. Rod and cone (eye) cell function is assessed by full field electroretinogram (an eye test). Blood DHA, lutein and lipid levels are measured at the start of the study and after 6 weeks.

What are the possible benefits and risks of participating? Not provided at time of registration

Where is the study run from? Richardson Centre for Functional Foods and Neutraceuticals (Canada)

When is the study starting and how long is it expected to run for? May 2013 to September 2014

Who is funding the study?

- 1. Agri-Food Research and Development Initiative's (ARDI) Growing Forward program
- 2. Manitoba Egg Farmers
- 3. Burnbrae Farms Inc.

Who is the main contact? Mrs Chelsey Walchuk umwalchu@myumanitoba.ca

## Contact information

#### Type(s)

Scientific

#### Contact name

Mrs Chelsey Walchuk

#### Contact details

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# Additional identifiers

#### Protocol serial number

J2013:104

# Study information

#### Scientific Title

Effects of lutein and docosahexaenoic acid enriched egg consumption in older adults: Implications for age-related macular degeneration

#### Acronym

Egg and Vision Study

#### Study objectives

Lutein and DHA enriched egg consumption will improve retina function in Caucasian older adults by increasing egg-nutrient associated blood profiles while not adversely affecting plasma lipid profiles. More specifically, in Caucasian older adults, lutein and DHA enriched egg consumption will:

- 1. Improve self-assessed health and vision status
- 2. Improve electrophysiological retina function
- 3. Not influence TC and TAG concentrations
- 4. Not influence HDL-C/LDL-C particle size
- 5. Increase DHA in plasma and erythrocytes
- 6. Increase lutein in plasma

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

University of Manitoba Joint-Faculty Research Ethics Board, 02/08/2013, Protocol #J2013:104

#### Study design

Single-centre 6-week intervention trial with a repeated measure design

#### Primary study design

Interventional

#### Study type(s)

Prevention

#### Health condition(s) or problem(s) studied

General health of the retina and prevention of age-related macular degeneration

#### Interventions

Avoidance of retina/eye related food items for one month prior and throughout the duration of the trial (6 weeks) including: eggs; oysters; liver (chicken, beef, veal, etc.); sweet potato; pumpkin; carrots; kale; fish and caviar; spinach; supplements that contain zinc, choline, vitamin A, lutein, zeaxanthin and DHA.

Limit retina/eye related food items for one month prior and throughout the duration of the trial (6 weeks) including: pork ham, bacon, beef, lamb, butternut squash, collard greens, turnip greens, baked beans and green peas

Treatment: 2 medium (92g) lutein and docosahexaenoic acid enriched eggs (0.87 mg lutein/day, 220 mg DHA/day) daily for 6 weeks to be consumed/cooked at the discretion of the participant. Control: No control group as participants acted as their own control from PRE to DURING and POST assessment following consumption of enriched eggs.

Rod and cone cell function was assessed by full field electroretinogram. Plasma and red blood cell (RBC) DHA, plasma lutein, lipid profiles, and lipoprotein subfractions were assessed at day 0 (PRE) and 6 wks (POST).

#### Intervention Type

Supplement

#### Primary outcome(s)

- 1. Self-assessed health and vision status measured using a modified version of the National Eye Institute Visual Functioning Questionnaire at PRE (week 0), DURING (week 3) and POST (week 6) assessment
- 2. Plasma lipid profiles (Total cholesterol, HDL-cholesterol, LDL-cholesterol, Triglycerides), measured using a Cobas C 111 Analyzer at PRE (week 0), DURING (week 3) and POST (week 6) assessment
- 3. Plasma fatty acids, measured by gas chromatography at PRE (week 0), DURING (week 3) and POST (week 6) assessment
- 4. Plasma lutein, measured using high performance liquid chromatography at PRE (week 0),

DURING (week 3) and POST (week 6) assessment

5. Retina function, measured using a full field electroretinogram at PRE (week 0), DURING (week 3) and POST (week 6) assessment

#### Key secondary outcome(s))

1. Average dietary intake, measured using a 3-day food record analyzed using The Food Processor software between DURING (week 3) and POST (week 6) assessment 2. LDL/HDL particle size, measured using polyacrylamide gel electrophoresis (Lipoprint Lipoprotein Subfractions Testing System, Quantimetrix, California, US) at PRE (week 0) and POST (week 6) assessment

#### Completion date

01/09/2014

# **Eligibility**

#### Key inclusion criteria

- 1. Individuals between 50-80 years of age
- 2. Caucasian ethnicity
- 3. Good English written and oral communication skills

#### Participant type(s)

Healthy volunteer

#### Healthy volunteers allowed

No

#### Age group

Senior

#### Sex

Αll

#### Key exclusion criteria

- 1. Individuals with an egg allergy
- 2. Individuals diagnosed with a chronic disease (ie. diabetes, cardiovascular disease etc)
- 3. Individuals diagnosed with mental cognitive disorders
- 4. Individuals diagnosed as hypercholesterolemic
- 5. Individuals taking statins and other lipid lowering medications
- 6. Individuals diagnosed with eye related disease (i.e. glaucoma, AMD, retinitis pigmentosa, etc)

#### Date of first enrolment

01/07/2013

#### Date of final enrolment

01/03/2014

## Locations

#### Countries of recruitment

# Study participating centre Richardson Centre for Functional Foods and Neutraceuticals

196 Innovation Drive University of Manitoba, SmartPark Winnipeg Canada R3T 6C5

# Sponsor information

#### Organisation

University of Manitoba

#### **ROR**

https://ror.org/02gfys938

# Funder(s)

#### Funder type

Research organisation

#### **Funder Name**

Agri-Food Research and Development Initiative's (ARDI) Growing Forward program

#### **Funder Name**

Manitoba Egg Farmers

#### **Funder Name**

Burnbrae Farms Inc.

# **Results and Publications**

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Miyoung Suh (miyoung.suh@umanitoba.ca) and Chelsey Walchuk (umwalchu@myumanitoba.ca).

#### IPD sharing plan summary

Available on request

#### **Study outputs**

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet
Participant information sheet
11/11/2025 No Yes