

Effect of Lutemax 2020 on blue light and visual health markers

Submission date 23/03/2016	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 22/04/2016	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 21/08/2019	Condition category Eye Diseases	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

In the retina (the layer at the back of the eye which is sensitive to light), there is a yellow pigment called macular pigment. This pigment is made up of three carotenoids (lutein, zeaxanthin and meso-zeaxanthin). These carotenoids are obtained from the diet and are thought to be important for preserving and improving vision. This study is going to look at the relationship between macular carotenoids and visual function in order to find out if taking a supplement called Lutemax 2020 (which contains lutein and zeaxanthin) can help to improve contrast sensitivity, visual processing and glare sensitivity.

Who can participate?

Adults aged between 18 and 25 who are exposed daily to high energy sources such as UV, blue light and electronic devices such as TV, computer, IPAD and cell phones for at least more than four hours per day.

What does the study involve?

Participants are randomly allocated to one of two groups. Participants in the first group take a capsule of Lutemax 2020, which contains 20 mg Lutein and 4 mg Zeaxanthin, once a day for six months. Participants in the second group take a capsule containing safflower oil, which acts as a placebo (dummy), once a day for six months. Participants in both groups undergo a number of visual tests as well as providing a blood sample so that lutein levels can be measured. In addition, participants also complete a number of questionnaires in order to measure their general health cognitive function (thinking, processing and memory).

What are the possible benefits and risks of participating?

Participants may benefit from learning more about their own visual function and the role that macular carotenoids play. There are no significant risks involved but some participants may experience pain, bleeding or bruising following blood sample collection.

Where is the study run from?

University of Georgia (USA)

When is the study starting and how long is it expected to run for?
May 2015 to February 2016

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact?
Ms Nafisah B Atako
mrcctu.stophcv1@ucl.ac.uk

Contact information

Type(s)
Scientific

Contact name
Dr Vijaya Juturu

ORCID ID
<https://orcid.org/0000-0002-7397-715X>

Contact details
OmniActive Health Technologies Inc.
67 East Park Place
Suite 500
Morristown
United States of America
07960

Additional identifiers

Protocol serial number
BL Study I and II/

Study information

Scientific Title
Macular carotenoids and blue light: Relationships with visual performance, sleep, health, and quality of life

Study objectives
The aim of this study is to evaluate the effects of macular carotenoids on visual function tests and sleep improvement over placebo.

Ethics approval required
Old ethics approval format

Ethics approval(s)

Study design

Double-blind randomized placebo controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Eye damage

Interventions

Participants are randomly allocated to one of two study groups.

Intervention group: Participants take a capsule of Lutemax 2020, which contains 20 mg Lutein and 4 mg Zeaxanthin isomers, once a day for six months.

Control group: Participants take a capsule containing a placebo (safflower oil) once a day for six months.

Participants attend study visits at baseline, 3 and 6 months.

Intervention Type

Supplement

Primary outcome(s)

1. Contrast sensitivity is determined using a computer-based, 2-alternative, forced-choice procedure at baseline, 3 and 6 months
2. Glare sensitivity is measured using the disability glare performance task and the photostress recovery performance task at baseline, 3 and 6 months
3. Macular pigment optical density is assessed via heterochromatic flicker photometry at baseline, 3 and 6 months

Key secondary outcome(s)

1. Psychological stress is measured using the Psychological Stress Measure (PSM-9) and the Brief Symptom Inventory (BSI) at baseline, 3 and 6 months
2. Lutein concentration is measured by High-Performance Liquid Chromatography (HPLC) and Enzyme-linked Immune Sorbent Assay (ELISA) using blood samples at baseline, 3 and 6 months
3. General health status is measured at baseline, 3 and 6 months using the following: 25-item Suboptimal Health Status Questionnaire (SHSQ-25).
 - 3.1. SCL 90-r overall affect assessment
 - 3.2. Beck Depression Inventory
 - 3.3. Beck Anxiety Inventory
 - 3.4. Dietary Questionnaire
 - 3.5. A standard cognitive battery (RBANS-update)

3.6. The Pittsburgh Sleep Quality Index (PSQI)

3.7. A questionnaire on different attributes including frequencies such as head ache, eye strain and eye fatigues will be questioned before and after supplementation

Completion date

03/02/2016

Eligibility

Key inclusion criteria

1. Two-three hours of outside activity per day will be recruited with preference, due to blue light exposure
2. MPOD of subjects ≤ 0.69
3. One or more of the following symptoms:
 - 3.1. Accommodative issues (difficulty seeing in the distance after prolonged nearwork)
 - 3.2. Digital eyestrain
 - 3.3. Blurry vision
 - 3.4. Difficulty focusing
 - 3.5. Dry and irritated eyes
 - 3.6. Headaches
 - 3.7. Neck and/or back pain
4. Aged 18 to 25 years

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Body Mass Index of 30 or greater
2. Macular pigment optical density (MPOD) of 0.70 or higher
3. Ocular disease or insufficient visual acuity (cut off 20/30 visual acuity)
4. Systemic disease or any chronic disease condition
5. Smokers
6. Current use of psychiatric medication

Date of first enrolment

16/05/2015

Date of final enrolment

18/06/2015

Locations

Countries of recruitment

United States of America

Study participating centre

University of Georgia

UGA Psychology Department

125 Baldwin Street

Athens

Athens

United States of America

30602

Sponsor information

Organisation

OmniActive Health Technologies Inc.

ROR

<https://ror.org/024e1pj18>

Funder(s)

Funder type

Industry

Funder Name

OmniActive Health Technologies

Alternative Name(s)

Funding Body Type

Private sector organisation

Funding Body Subtype

For-profit companies (industry)

Location

United States of America

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	29/06/2017		Yes	No
Results article	results	19/06/2018		Yes	No
Results article	results	01/11/2019	21/08/2019	Yes	No