

Letters

COMMENT & RESPONSE

In Reply An article by my coauthors and I titled “Effect of Dietary Supplementation With Lutein, Zeaxanthin, and ω -3 on Macular Pigment: A Randomized Clinical Trial” has motivated a letter from Beatty et al. This reply serves to address the concerns raised.

To my knowledge, there is no fully validated technique to measure macular pigment (MP). In our study,¹ we explore 2 techniques that have been previously published. We found no changes after supplementation, despite a very good compliance to the supplementation regimen; this was suggested by biological evaluation of carotenoids in plasma.

Changes in MP in patients with age-related macular degeneration were not assessed in our study because almost all our participants had a normal fundus. Therefore, issues with MP measurements related to early stages of the disease (eg, drusen and pigment changes) would not appear to be applicable.

Finally, the control group had the same family history as the study group because the aim of the study was first to validate the technique to measure changes in MP. Unfortunately, this end point was not reached. My coauthors and I believe that this was associated with the method used to evaluate

MP, as Lindblad suggested in the Invited Commentary.² We would like to thank Beatty et al for their comments, and we look forward to their future publications on MP evaluation.

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Published Online: March 15, 2018. doi:[10.1001/jamaophthalmol.2018.0329](https://doi.org/10.1001/jamaophthalmol.2018.0329)

Conflict of Interest Disclosures: The author has completed and submitted the ICMJE Form for Disclosure of Potential Conflicts of Interest. Dr Korobelnik has received personal fees as a consultant for Alcon, Allergan, Alimera, Bayer, Novartis, Roche, Zeiss, and Thea.

1. Korobelnik JF, Rougier MB, Delyfer MN, et al. Effect of dietary supplementation with lutein, zeaxanthin, and ω -3 on macular pigment: a randomized clinical trial. *JAMA Ophthalmol*. 2017;135(11):1259-1266.

2. Lindblad AS. The role of macular pigment density measures in future clinical studies of age-related macular degeneration. *JAMA Ophthalmol*. 2017;135(11):1266-1267.