Supplementary Online Content


eTable 1. Macular Pigment Optical Density (Modified HRA) Within Each Eccentricity

eTable 2. Macular Pigment Optical Density (MPD Visucam)

This supplementary material has been provided by the authors to give readers additional information about their work.
**eTable 1. Macular Pigment Optical Density (Modified HRA) Within Each Eccentricity**

<table>
<thead>
<tr>
<th></th>
<th>L+Z (N=119)</th>
<th>Placebo (N=120)</th>
<th>Between group differences* (L+Z – placebo)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>E [IC95%]</td>
<td>P value</td>
<td></td>
</tr>
<tr>
<td><strong>Baseline value, mean±std (n)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.51°</td>
<td>0.60±0.16 (116)</td>
<td>0.62±0.19 (117)</td>
<td></td>
</tr>
<tr>
<td>0.98°</td>
<td>0.55±0.13 (116)</td>
<td>0.56±0.18 (117)</td>
<td></td>
</tr>
<tr>
<td>1.99°</td>
<td>0.41±0.09 (116)</td>
<td>0.41±0.13 (117)</td>
<td></td>
</tr>
<tr>
<td>6°</td>
<td>0.17±0.04 (116)</td>
<td>0.17±0.06 (115)</td>
<td></td>
</tr>
<tr>
<td><strong>M3-D0, mean±std (n)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.51°</td>
<td>0.04±0.15 (114)</td>
<td>0.03±0.16 (107)</td>
<td>-0.002 [-0.043 ; 0.039] 0.92</td>
</tr>
<tr>
<td>0.98°</td>
<td>0.03±0.12 (114)</td>
<td>0.03±0.13 (107)</td>
<td>-0.004 [-0.038; 0.029] 0.80</td>
</tr>
<tr>
<td>1.99°</td>
<td>0.17±0.11 (114)</td>
<td>0.18±0.12 (107)</td>
<td>-0.011 [-0.043; 0.022] 0.52</td>
</tr>
<tr>
<td>6°</td>
<td>0.00±0.04 (114)</td>
<td>0.01±0.04 (105)</td>
<td>-0.006 [-0.018; 0.006] 0.35</td>
</tr>
<tr>
<td><strong>M6-D0, mean±std (n)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.51°</td>
<td>0.05±0.18 (108)</td>
<td>0.03±0.19 (107)</td>
<td>0.020 [-0.038 ;0.077] 0.52</td>
</tr>
<tr>
<td>0.98°</td>
<td>0.05±0.15 (108)</td>
<td>0.03±0.16 (107)</td>
<td>0.023 [-0.026; 0.071] 0.36</td>
</tr>
<tr>
<td>1.99°</td>
<td>0.20±0.14 (108)</td>
<td>0.18±0.14 (107)</td>
<td>0.016 [-0.029; 0.062] 0.48</td>
</tr>
<tr>
<td>6°</td>
<td>0.02±0.05 (108)</td>
<td>0.00±0.06 (105)</td>
<td>0.005 [-0.011; 0.021] 0.52</td>
</tr>
<tr>
<td><strong>M9-D0, mean±std (n)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.51°</td>
<td>0.04±0.17 (104)</td>
<td>0.02±0.19 (103)</td>
<td>0.009 [-0.042; 0.060] 0.73</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>M12-D0, mean±std (n)</th>
<th>0.51°</th>
<th>0.04±0.15 (111)</th>
<th>0.01±0.17 (101)</th>
<th>0.031 [-0.015; 0.078]</th>
<th>0.19</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.98°</td>
<td>0.04±0.13 (111)</td>
<td>0.01±0.15 (101)</td>
<td>0.032 [-0.008; 0.072]</td>
<td>0.11</td>
</tr>
<tr>
<td></td>
<td>1.99°</td>
<td>0.18±0.12 (111)</td>
<td>0.16±0.14 (101)</td>
<td>0.024 [-0.014; 0.062]</td>
<td>0.22</td>
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<tr>
<td></td>
<td>6°</td>
<td>0.02±0.04 (111)</td>
<td>0.01±0.05 (99)</td>
<td>0.011 [-0.002; 0.024]</td>
<td>0.09</td>
</tr>
</tbody>
</table>

* Linear mixed model with random intercept adjusted for age, sex, BMI, smoking, and center.
E: estimate; IC95%: confidence interval; n: available data
**eTable 2.** Macular Pigment Optical Density (MPD Visucam)

<table>
<thead>
<tr>
<th></th>
<th>L+Z (N=119)</th>
<th>Placebo (N=120)</th>
<th>Between group differences* (L+Z – placebo)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>E [IC95%]</td>
</tr>
<tr>
<td><strong>Volume</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline value</td>
<td>9199±1986 (118)</td>
<td>8271±2412 (120)</td>
<td></td>
</tr>
<tr>
<td>(D0), mean±std (n)</td>
<td></td>
<td></td>
<td>-358 [-792.13; 75.39]</td>
</tr>
<tr>
<td>M3-D0</td>
<td>-194±1520 (116)</td>
<td>212±1267 (112)</td>
<td>-358 [-792.13; 75.39]</td>
</tr>
<tr>
<td>M6-D0</td>
<td>-654±2128 (114)</td>
<td>-88±1667 (110)</td>
<td>-457 [-1085.26; 171.70]</td>
</tr>
<tr>
<td>M9-D0</td>
<td>-965±2462 (110)</td>
<td>-217±1759 (106)</td>
<td>-667 [-1347.71; 12.55]</td>
</tr>
<tr>
<td>M12-D0</td>
<td>-785±1938 (114)</td>
<td>-291±2337 (106)</td>
<td>-393 [-1043.11; 256.54]</td>
</tr>
<tr>
<td><strong>Area</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Baseline value</td>
<td>64921±10028 (118)</td>
<td>62294±10936 (120)</td>
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<tr>
<td>(D0), mean±std (n)</td>
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<td></td>
<td>-2370 [-4840.83; 100.53]</td>
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<tr>
<td>M3-D0</td>
<td>-2162±8830 (116)</td>
<td>519±7918 (112)</td>
<td>-2370 [-4840.83; 100.53]</td>
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<tr>
<td>M6-D0</td>
<td>-4460±10217 (114)</td>
<td>-1533±9955 (110)</td>
<td>-2371 [-5575.92; 833.90]</td>
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<tr>
<td>M9-D0</td>
<td>-6500±11643 (110)</td>
<td>-1991±9650 (106)</td>
<td>-4273 [-7467.32; -1078.94]</td>
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<tr>
<td>M12-D0</td>
<td>-4520±10207 (114)</td>
<td>-2727±9626 (106)</td>
<td>-1628 [-4248.96; 992.91]</td>
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<tr>
<td><strong>Mean</strong></td>
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<tr>
<td>Baseline value</td>
<td>0.14±0.02 (118)</td>
<td>0.13±0.02 (120)</td>
<td></td>
</tr>
<tr>
<td>(D0), mean±std (n)</td>
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<td>-0.001 [-0.005; 0.002]</td>
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<tr>
<td>M3-D0</td>
<td>0.01±0.01 (116)</td>
<td>0.01±0.01 (112)</td>
<td>-0.001 [-0.005; 0.002]</td>
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<tr>
<td>M6-D0</td>
<td>-0.01±0.02 (114)</td>
<td>0.01±0.01 (110)</td>
<td>-0.002 [-0.008; 0.003]</td>
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<td>M9-D0</td>
<td>-0.01±0.02 (110)</td>
<td>0.01±0.02 (106)</td>
<td>-0.002 [-0.009; 0.004]</td>
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<tr>
<td>M12-D0</td>
<td>-0.01±0.01</td>
<td>0.01±0.03</td>
<td>-0.003 [-0.010; 0.001]</td>
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<td></td>
<td>(114)</td>
<td>(106)</td>
<td>0.004]</td>
</tr>
<tr>
<td>------------------</td>
<td>------------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Baseline value</strong></td>
<td><strong>(D0), mean±std (n)</strong></td>
<td><strong>(D0), mean±std (n)</strong></td>
<td><strong>(D0), mean±std (n)</strong></td>
</tr>
<tr>
<td><strong>M3-D0</strong></td>
<td>-0.01±0.03 (116)</td>
<td>0.01±0.03 (112)</td>
<td>-0.005 [-0.012; 0.003]</td>
</tr>
<tr>
<td><strong>M6-D0</strong></td>
<td>-0.01±0.03 (114)</td>
<td>-0.01±0.03 (110)</td>
<td>-0.002 [-0.013; 0.008]</td>
</tr>
<tr>
<td><strong>M9-D0</strong></td>
<td>-0.01±0.04 (110)</td>
<td>-0.00±0.06 (106)</td>
<td>-0.007 [-0.024; 0.009]</td>
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<tr>
<td><strong>M12-D0</strong></td>
<td>-0.02±0.04 (114)</td>
<td>-0.01±0.07 (106)</td>
<td>-0.012 [-0.032; 0.009]</td>
</tr>
</tbody>
</table>

* Linear mixed model with random intercept adjusted for age, sex, BMI, smoking, and center. E: estimate; IC95%: confidence interval
n: available data