



What About Eye Vitamins?

The Age-Related Eye Disease Study 2 (AREDS2) showed that among people at high risk for developing late-stage, or wet, macular degeneration (such as those who have large amounts of drusen or who have significant vision loss in at least one eye), taking a dietary supplement of vitamin C, vitamin E, lutein and zeaxanthin, along with zinc, lowered the risk of macular degeneration progressing to advanced stages by at least 25 percent. The supplements did not appear to provide a benefit for people with minimal macular degeneration or people without evidence of the disease during the course of the study. Following is the nutrient supplementation shown to be beneficial in lowering the risk of macular degeneration progressing to advanced stages:

- Vitamin C – 500 mg
- Vitamin E – 400 IU
- Lutein – 10 mg
- Zeaxanthin – 2 mg
- Zinc oxide – 80 mg
- Copper (as cupric oxide) – 2 mg (to prevent copper deficiency, which may be associated with taking high amounts of zinc)

Another large study in women showed a benefit from taking folic acid and vitamins B6 and B12. Other studies have shown that eating dark leafy greens, and yellow, orange and other colorful fruits and vegetables, rich in lutein and zeaxanthin, may reduce your risk for developing macular degeneration.

These vitamins and minerals are recommended in specific daily amounts in addition to a healthy, balanced diet. Some people may not wish to take large doses of antioxidants or zinc because of medical reasons.

It is very important to remember that vitamin supplements are not a cure for macular degeneration, nor will they give you back vision that you may have already lost from the disease. However, specific amounts of these supplements do play a key role in helping some people at high risk for developing advanced (wet) AMD to maintain their vision, or slow down the progression of the disease.*

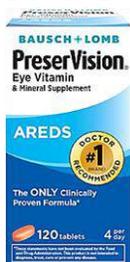
Who is at risk for AMD?

AMD usually occurs in people who are age 50 and older. As people get older, the risk increases. Other risk factors include the following:

- **Smoking.** Smoking increases the risk of AMD two-fold.
- **Race.** Caucasians are more likely to get AMD.
- **Family history.** Genetics may play a roll.

Examples of recommended vitamins

PreserVision™



Ocuvite™



I-CAPS™



Eye-Folate™



All in one eye vitamin and
multivitamin



ATTENTION SMOKERS:

Beta-carotene has been linked to a heightened risk of lung cancer in smokers. AREDS formulated Vitamins have a Beta-carotene free version developed for smokers

*Boyd, Kristen: "Macular Degeneration Treatment" *Eyesmart: Eye Health Information from the American Academy of Ophthalmologists* 9/1/13