



## Age-Related Eye Disease Study

I am often asked which supplements should be taken by those diagnosed with Age related Macular Degeneration, as there are a bewildering array to choose from. I always refer them to the following:

The Age-Related Eye Disease Study (AREDS) was a clinical trial sponsored by the National Eye Institute, one of the National Institutes of Health in the United States. The study was designed to

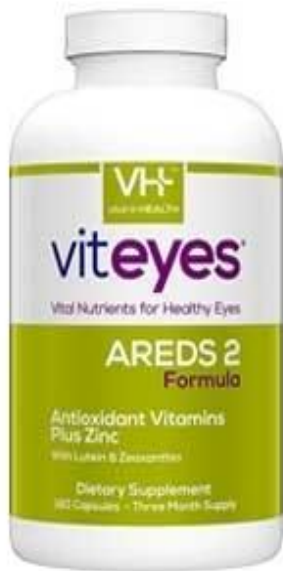
- investigate the natural history and risk factors of age-related macular degeneration (AMD) and cataracts, and
- evaluate the effects of high doses of antioxidants and zinc on the progression of the two conditions in those with AMD

The study followed 3640 individuals for an average of 6.3 years between 1992 and 2001. The researchers concluded that high levels of antioxidants and zinc can reduce some people's risk of developing advanced AMD by about 25 percent. Those that benefited from the dietary supplements included those with intermediate-stage AMD and those with advanced AMD in one eye only. The supplements had no significant effect on the development or progression of cataracts. "High levels" in this case were defined to be:

- 500 milligrams of vitamin C;
- 400 international units of vitamin E;
- 15 milligrams of beta-carotene (or 25,000 international units of vitamin A);
- 80 milligrams of the dietary mineral zinc, in the form of zinc oxide;
- and two milligrams of copper as cupric oxide, added to prevent copper deficiency anemia, a condition associated with high levels of zinc intake.

The results were reported in the October 2001.

The study was followed by AREDS2, a five-year study, reported in 2013, designed to test whether the original AREDS formulation would be improved by adding omega-3 fatty acids; adding lutein and zeaxanthin; removing beta-carotene; or reducing zinc.



The Results suggested that removing beta-carotene from this formula and adding lutein and zeaxanthin can help to reduce the risk of progression to advanced AMD by 18% compared to the original AREDS formula. The recommended formula was amended to the following:

- 500 mg vitamin C
- 400 iu vitamin E
- 10 mg lutein
- 2 mg zeaxanthin
- 80 mg zinc
- 2 mg copper

This is why I stock Viteyes 2 for my customers with intermediate stage dry Age Related Macular Degeneration

*If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.*

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