



AMD and Nutritional Supplements

The Age-Related-Macular-Disease Study (AREDS) found that supplements containing the following ingredients and dosages to be the most beneficial in reducing the risk of developing advanced age-related macular degeneration (AMD) in patients who have at least moderate AMD in one eye.

These ingredients are the AREDS2 formulation:

Vitamin/Mineral	Daily dose
Vitamin C	500 mg
Vitamin E	400 IU
Zinc	80 mg
Copper	2 mg
Lutein	10 mg
Zeaxanthin	2 mg

Diet alone cannot achieve these levels of antioxidants.

Do I need a prescription for AREDS2 supplements?

No. You can buy them “over the counter” at your local drugstore, grocery store, or online. Look for AREDS2 formulation as above.

Is there any harm in taking high dose ocular supplements for AMD?

No significant side effects have been observed in clinical studies, however you will need to check with your primary care provider before starting the supplement given your individual health history and medication use.

Can I take a multivitamin too?

Yes. The AREDS formulation is not a substitute for a multivitamin. In the AREDS trial most patients took a multivitamin along with the AREDS supplement.

For more information: <https://www.nei.nih.gov/areds2/PatientFAQ>