

Vitamin Supplementation for Macular Degeneration & Prevention

The 2013 AREDS 2 study has shown that nutritional supplements have some benefit in certain patients with the dry form of macular degeneration. The study investigated potential benefits of adding Lutein and Zeaxanthin to the original AREDS formulation. Another key element to the reformulation is the removal of Vitamin A (beta-carotene), to prevent carotenoids from competing with each other for absorption in the body. Upon completion, the original AREDS 2 formula was changed to due to the results of the study.

Although, it still remains to be seen whether nutritional supplements may have any benefit in prevention of macular degeneration for those who do not meet the study criteria, it may still be recommended for the type of changes that appear on your retina.

According to the strict criteria of the study, the only patients that clearly benefited were those with significant macular degeneration in one eye or significant soft drusen in both eyes. In these patients, the particular vitamin preparation was not a cure but did slow down progression by 25-30%. If you do not meet the strict criteria of the study, we cannot prove that there is any benefit to taking vitamin supplementation to prevent macular degeneration. However, you may choose to take these vitamins, as further study is currently underway and may show some benefit in other patient groups.

PreserVision AREDS 2: The exact vitamin preparation used in the study is marketed under the name **Bausch & Lomb PreserVision**. This formulation is the original AREDS formula with the following changes and by removal of Vitamin A (Beta-Carotene):

1. Lutein – 10 mg per day
2. Zeaxanthin – 2 mg per day
3. Vitamin C 500mg
4. Vitamin E 400 IU
5. Zinc 80mg
6. Copper 2mg (copper should be taken with zinc to prevent deficiency)

*** Please note this formula contains Peanut Oil

This should be commercially available in most pharmacies as **PreserVision AREDS 2**. However, you can find this new formulation at Alan Schwab Pharmacy across the street from our office.

You should check with your internist before taking any new vitamins because of possible systemic complications.