



SouthEast Eye Physicians & Surgeons

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Age-Related Macular Degeneration Eye Vitamins

The Age-Related Eye Disease Study (AREDS) – sponsored by the Federal government’s National Eye Institute – has found that taking high levels of antioxidants and zinc can reduce the risk of developing advanced age-related macular degeneration (AMD) by about 25 percent.

This major clinical trial closely followed about 3,600 participants with varying stages of AMD. The results showed that the AREDS formulation, while not a cure for AMD, may play a key role in helping people at high risk for developing advanced AMD keep their remaining vision.

Recommendations:

Any eye vitamins that has the AREDS 2 formula (for example):

- I-Caps
- Preservision
- Viteyes
- Pro optic