

# Macular Degeneration & Vitamin Supplements



Know the facts about Age Related Macular Degeneration (AMD), vitamin supplements and how they can protect your eye sight.

In 2013, the results of the latest large clinical trial investigating dietary supplements for AMD was published. The study showed that people taking a supplement called the **AREDS-2 formula reduced their risk of AMD progression by 25%.**

This specific multivitamin supplement (AREDS-2) is now recommended for all people with moderate or advanced AMD.

The AREDS-2 supplement is not required for people with mild AMD, or for people without Macular Degeneration.

## Purchasing the AREDS-2 Supplement

No prescription is required. The supplement is sold under many different brand names. Patients should look specifically for the **“AREDS-2” formula**, as there are many vitamins listed as eye vitamins or ocular supplements that do not have the specific components required. Your pharmacist can advise you on the options available.

## The AREDS-2 dosing recommendation for Macular Degeneration

Vitamin C 500mg  
Vitamin E 400 International Units  
Zinc 25mg, as zinc oxide  
Copper 2mg, as cupric oxide  
Lutein 10mg  
Zeaxanthin 2mg

Example: *Bausch & Lomb - PreserVision®*  
**MacularProtect® AREDS2**

929 Business Park Drive  
Traverse City, Michigan 49686  
231.947.6246 • 800.968.6612

511 Ashmun St.  
Sault Ste. Marie, MI 49783  
906.635.9802 • 800.824.2711

2061 M-119  
Petoskey, MI 49770  
231.487.2020 • 866.407.2020

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