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### **Recommended Eye Vitamins for AMD**

Age-related Macular Degeneration (AMD) can cause gradual central vision loss by slowly destroying the cells vital for central vision. It does NOT lead to total blindness. Some patients with dry AMD also develop wet AMD, which is characterized by abnormal blood vessel growth underneath the retina, and wet AMD is usually treated with eye injections.

The only scientifically proven treatment for dry AMD at this time are \*eye vitamins\* which have been shown to reduce the risk of advanced AMD by at least 25%. The landmark studies confirming this reduced risk are known as the AREDS 1 and 2 studies. They were sponsored by the National Institute of Health (NIH).

Based on the AREDS 2 Study, which is the best scientific research available at this time, we recommend the following daily supplements in patients with AMD:

- 500 milligrams (mg) of Vitamin C
- 400 international units of Vitamin E
- 25 mg of zinc as Zinc Oxide
- 2 mg of copper as Cupric Oxide
- 10 mg of Lutein and
- 2 mg of Zeaxanthin

These 'eye vitamins' can be purchased at most pharmacies, but it is important to read the labels to determine if they include the proper daily dosage, since many 'eye vitamins' do not.

At the request of many patients, and since much confusion arises from the variety of eye vitamins available at the drugstore, we have made available USRETINA branded eye vitamins at the checkout desk. These vitamins contain all the supplements listed above.

Patients may take their multi vitamins along with these eye vitamins. We recommend patients review these recommendations with their primary care doctor and any specialist before starting them.

Revised 10/20/16