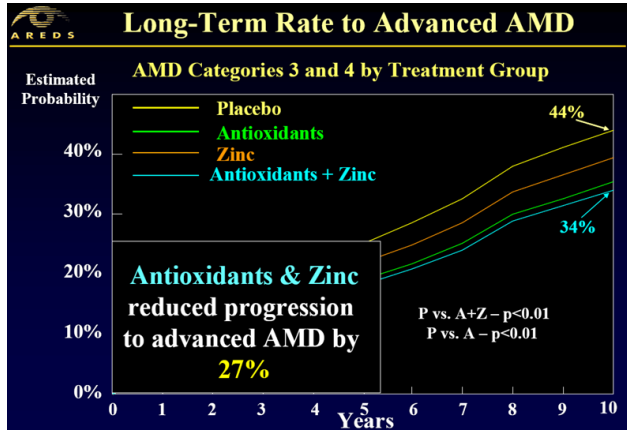


Age Related Macular Degeneration Mr Lee

Vitamin Supplementation AREDS Formulation

This has all 3 of the vitamins below know to be of benefit in AMD in one Capsule.



3 Types acting at different levels

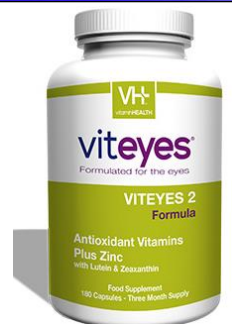
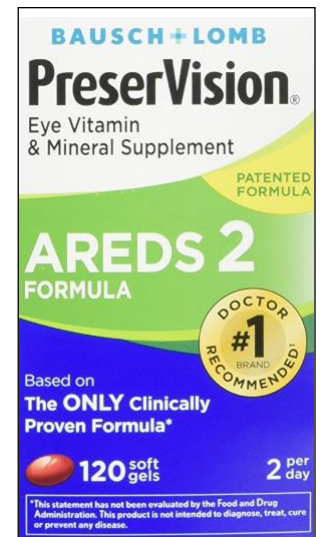
1. Retinal Photoreceptor Protection

Results from the long-anticipated AREDS study, published in the October 2001 issue of Archives of Ophthalmology, show that taking supplements containing high levels of vitamins C and E, lutein,

zeaxanthin, zinc, and copper. This study has now been extended to 10 years with continued benefit, The second study AREDS II is completed and reported in May 2013. This second study found no benefit of Omega 3 being added. Beta-carotene was removed and replaced by Lutein and zeaxanthin as there was potential risk of Beta-carotene in smokers.

Cost: Typically about £16 per month. NHS General Practitioner can no longer prescribe this.

For those that have difficulty with tablets crushing up a tablet rather than a gel with pestle and mortar is an option. Bausch+Lomb do the original Supplement PreserVision Tablets. However the other manufactures below supply equivalent.



2. "Viteyes 2" Soft Gels or the Capsules Beta-Carotene Free is a UK product that meets fully the AREDS II recommendations. Available direct from Viteyes <http://www.butterflies-eyecare.co.uk/> Tel 0330 660 0798.

Viteyes 2 advanced is vegan approved. 2 capsules a day.

The Viteyes 2 Capsules are ideal for people who cannot swallow easily. The capsules can be pulled apart and the contents (powder) can be stirred into food (ie breakfast cereal, yogurt, etc).

3. Macushield Gold from the popular range of Lutein Macushield products. They use a lower does of Zinc at 25mg which is better tolerated by some people. But for the AREDS I formulation they recommend three tablets per day. <http://www.macushield.co.uk/>

Tel.: +44 (0)121 506 9282



4. MacTec is an AREDS formulation that is once per day is also sold by mail order on a regular basis. 0800 069 8677 £29.95 for 2 months supply.

5. **Boots Opti-Health** – New on to the market from Boots, an AREDS 2. Has the lower doses of Zinc as in AREDS 2. RRP £12.99 (Often on 3 for 2 offer - £8.66)



6. AREDS2 VISION DEFENDER on Amazon. Is Vegan AREDS 2 that is a tablet and thus can be crushed with Pestle and mortar making easier to take for those who find swallowing the capsules difficult.

A Recent Royal College Of Ophthalmology Focus report also does recommends the use of AREDS Vitamin formulations as well as a talk at Macular.

Soluble vitamins

Sadly there is to my knowledge no soluble vitamins for those with difficulty swallowing. The only option is to cut the gels open and add Honey or scatter over food. PreserVision did come in solid tablets once and may still be available and these tablets can be crushed.

Zinc Free preparation

Viteyes 2 Zinc Free have a new preparation that has no zinc but has the other AREDS components. This is useful for those that cannot take zinc eg anaemic patients or those intolerant of zinc and can still have the benefits, although reduced benefits, of the AREDS formulation. <http://www.butterflies-eyecare.co.uk> Tel 0330 660 0798.

2. OMEGA 3 Fish oils – Anti-Inflammatory

Increasingly interest in this area at present. These fatty acids are mainly found in fish and nuts. These fatty acids have anti-inflammatory properties and may be anti-angiogenic, which may mean that they protect against the formation of the new blood vessels found in the wet form of AMD. A number of studies have found a reduced risk of AMD in patients who have diets rich in omega-3 poly-unsaturated fatty acids.

However the new AREDS II trial did not find any additional benefit from taking Omega 3 with the PreserVision Lutein.

EyeBar from Altacor (01223 421411)

Is a 12g chocolate bar containing the AREDS Vitamins. 2 Bars a day give a balanced AREDS formulation of vitamins. Especially for chocolate lovers!

Protect your eyes from direct sunlight by wearing UV Sunglasses/ shields and a brimmed hat/cap. Eg. Sunshield Wraparounds 100% UVA/B Brown NOT blue Sunglasses.

General advice.

There is no one answer to the correct Vitamins to take. But generally accepted to be recommended by retinal specialist worldwide.

1. Eat a Healthy diet that includes at least 5 portions of fruit or vegetables per day
2. Stop smoking is as always good advice as Smoking has been shown to increase the risk of Age related macular degeneration.
3. Check your vision every 2 weeks in each eye by covering one eye and then the other. If you notice any change, distortion of straight lines etc.. then have your eyes reviewed by your optometrist or 4. Ophthalmologist. Often People use Amsler chart to do this, but any change of vision should be checked out.
4. Have a regular check with your Optometrist or Ophthalmologist at least once a year.

Nicholas Lee 2024