Which nutritional supplement do we recommend?

Preparations containing the exact AREDS2 formula include:

**PreserVision® AREDS2 Formula** (Bausch + Lomb, 2 per day)

**MacuShield Gold®** (Alliance Pharmaceuticals, 2 per day)

**Viteyes 2® Softgels or Capsules** (Vitamin Health, 2 per day)

**MacuLEH®** (London Eye Hospital Pharma)

There are other preparations available which also contain the AREDS2 formula and this list is not exhaustive.

Finally, stopping smoking alone reduces the risk of AMD significantly. For support with stopping smoking, contact your GP or find your local Stop Smoking Service. Alternatively, call the Smokefree National Helpline Number on 0300 1231044.

How can I reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance of every ward before coming into or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using hand sanitiser. Staff will let you know if this is the case.

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“If you eat a healthy diet, with at least five portions of fruit and vegetables a day, you should not need a nutritional supplement” – Macular Society

Why is a healthy diet important?
The causes of age-related macular degeneration (AMD) are not fully understood but we know that a healthy and varied diet can help protect the macula from harmful effects of ageing.

Antioxidant vitamins, such as Vitamin A, C and E are helpful, as are carotenoids called Lutein and Zeaxanthin. Carotenoids are yellow plant pigments, which give certain foods their colour. They are also abundant in the macula, and act as a sunblock to protect the eye from blue and UV-light.

The human body cannot make Lutein or Zeaxanthin, they have to be eaten. We recommend the following fruit and vegetables to help with increasing your intake of Lutein.

![Kale](image1.png)  ![Broccoli](image2.png)  ![Spinach](image3.png)  ![Sweetcorn](image4.png)  ![Red or orange peppers](image5.png)  ![Leeks](image6.png)

Eggs are an excellent source of Lutein and Zeaxanthin too.

Research has shown that light cooking, or cooking with oil or butter, may improve the absorption of Lutein.

Zeaxanthin is found in most orange and yellow fruit and vegetables, most of which contain Vitamins C and E too.

Can I take nutritional supplements instead?
A large study, the Age-Related Eye Disease Study 2, found that a nutritional supplement containing the AREDS2 formula can slow down the progression of AMD in some patients.

The AREDS 2 formula:
- Vitamin C 500mg
- Vitamin E 400IU
- Copper 2mg
- Lutein 10mg
- Zeaxanthin 2mg
- Zinc 25mg

These supplements are particularly helpful if you have:
- A retinal condition called drusen (yellow dots under the retina).
- Wet AMD in one eye but good vision and dry AMD in the other eye.

The supplements are not helpful if you have active wet macular degeneration or advanced AMD in both eyes.