

AREDS 2 VITAMINS

DIETARY SUPPLEMENT INGREDIENTS RECOMMENDED FOR SLOWING THE PROGRESSION OF AGE RELATED MACULAR DEGENERATION

**Vitamin C 500 mg
Vitamin E 400 IU
Lutein 10 mg
Copper 1.4 - 2 mg
Zeaxanthin 2 mg
Zinc 25-80 mg**

You do not need Omega 3 Fatty Acids or Beta-Carotene as documented in the AREDS 2 study

In addition to the above vitamins, the following have been shown to slow the progression of AMD (age related macular degeneration)

***DON'T SMOKE!**

***EXERCISE – more is better**

***DIET – A diet including the following:**

Low in saturated fats, rich in antioxidants, fruits, vegetables and whole grains

***Controlling Cholesterol, Blood Pressure and Diabetes (if applicable)**

***WEAR SUNGLASSES**