Macular Disease Foundation AUSTRALIA

AREDS2 SUPPLEMENTS FOR AGE-RELATED MACULAR DEGENERATION (AMD)

If you've been diagnosed with AMD, depending on your stage of disease, you may benefit from a select combination of nutrients in the form of a supplement which is based on the Age-Related Eye Disease Study #2 (AREDS2).

The AREDS trials

Two large studies, the Age-Related Eye Disease Studies (AREDS) showed that daily intake of a select combination of nutrients may reduce the risk of progression of AMD in some people.

The first AREDS trial showed that a supplement based on a specific formula of zinc and antioxidants slowed the risk of progression of AMD by about 25%.

The second AREDS trial – AREDS2 – gave recommendations for replacing one of the original nutrients with lutein and zeaxanthin, which are also important nutrients for macular health.

AREDS2 supplements

AREDS2 supplements are based on a specific formula. They are not a cure for AMD.

However, studies suggest that you may benefit from these supplements if you have:

- **intermediate stage AMD in one or both eyes,** to help lower your risk of progressing to late AMD.
- **late stage AMD (dry or wet) in one eye only,** to help lower your risk of developing it in your other eye.

AREDS2 supplements don't prevent AMD, so are not recommended if you don't have the disease. They are also not recommended if you have only early signs of AMD or late stage AMD (dry or wet) in both eyes. AREDS2 supplements can't reverse damage already caused by the disease.

Please check with your doctor or eye health professional about whether AREDS2 supplements are appropriate for you.

The AREDS2 formula (daily dose)

Zinc (as zinc oxide)	80 mg
Vitamin C	500 mg
Vitamin E	400 IU
Copper (as cupric oxide)	2 mg
Lutein	10 mg
Zeaxanthin	2 mg

FAQs

How do I choose an AREDS2 supplement?

You can buy AREDS2 supplements from a chemist or online. Not all AREDS2 supplements are the same, so it's important you get a recommendation from your eye health professional about which one is appropriate for you. Note: It's impractical to obtain the level of AREDS2 nutrients through diet alone. Please call our National Helpline on **1800 111 709** and one of our trained staff can advise you.

What is the correct dose to match AREDS2?

Due to current regulations, the label on some products will typically say "take one tablet per day or as professionally prescribed". However, depending on the product, more than one tablet may be required to get the AREDS2 dose. Please consult your doctor or eye health professional as to what your dose should be.

What if I have no or early signs of AMD?

The AREDS trial showed that the formula had no effect on those with no AMD, or only very early signs of AMD. In these cases, an eye friendly diet is more appropriate. Check with your doctor or eye health professional whether AREDS2 supplements will benefit you.

Should I be cautious about supplements?

Yes. High dose vitamins and minerals may interfere with other medications you're taking and with other nutrients you get from food. That's why you should always consult your doctor before taking any kind of supplement.

Eye health checklist

- ☐ have regular eye examinations, including a check of the macula
- ☐ don't smoke
- ☐ live a healthy lifestyle, control weight, and exercise regularly
- ☐ eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily, a handful of nuts a week, and limit your consumption of fats and oils
- ☐ choose low GI carbohydrates instead of high GI whenever possible
- ☐ ask your doctor about taking a dietary supplement
- ☐ ask your eye health professional if AREDS2 supplements are appropriate for you
- ☐ protect your eyes from exposure to the sun
- ☐ use an Amsler grid regularly to check for changes in your vision

Need more information?

Learn more about macular disease at **www.mdfoundation.com.au.**

How's your macula? Take the quiz at **www.CheckMyMacula.com.au.**

You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on **1800 111 709.**

MDFA has a free newsletter and you can sign up to receive invitations to education sessions and events in your area.

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease, by providing up-to-date information, advice and support.

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