

The Age-Related Eye Disease Study (AREDS and AREDS2) are major clinical trials sponsored by the National Eye Institute which began in 2001 and then again in 2006. The studies focused on whether a combination of vitamin A, C, E, zinc, lutein, copper, and zeaxanthin would slow or stop the progression of age-related macular degeneration (AMD). The results of these studies showed that a specific dosage and combination of vitamins slowed the progression of the disease in patients with moderate or advanced macular degeneration. No benefit of the vitamins was seen in patients with only mild macular degeneration.

Who should take the AREDS2 Formulation?

Those with a high risk for developing advanced AMD should consider taking the specified combination of nutrients used in the study. Your eye care professional can tell you if you have AMD and are at risk for developing the advanced form of the disease.

Can I take a Daily Multivitamin if I am taking the AREDS2 Formulation?

A daily multivitamin contains many important nutrients not found in the AREDS2 formulation. The AREDS2 formulation is not a substitute for a multivitamin. In the Age-Related Eye Disease Study, two-thirds of the study participants took multivitamins along with the AREDS2 formulation. If you are already taking daily multivitamins and your eye doctor suggests you take the AREDS2 formulation, be sure to review all your vitamins with your medical doctor before you begin.

Can I get the benefits from diet alone?

The high levels of vitamins and minerals are difficult to achieve from diet alone, but previous studies have suggested that people who have diets rich in green, leafy vegetables have a lower risk of developing AMD. However, patients who are on a certain blood-thinner called **Coumadin** or **Warfarin** should avoid these foods due to high levels of vitamin K that can interfere with the blood-thinning ability of the drug.

What is the difference between AREDS and AREDS2 Formulas?

The AREDS 2 formulation is up to date to include lutein and zeaxanthin, which were shown to reduce the risk of advanced AMD. This updated formula also excludes Vitamin A/beta carotene, which has been demonstrated in trials by the National Cancer to increase the risk of lung cancer in current smokers. We recommend all patients take the **AREDS2** formulation, especially those who are current or former smokers. **The Hughes Eye Doctors approve the “Visual Advantage Macular Support” formulation, which can be shipped directly to your home for convenience. Visit our website at hugheseye.com and Click “Order Eye Supplements” for more information.**