



Vitamins and Dietary Supplements

A recent study has demonstrated that there may be some potential benefit of using high doses of vitamins and dietary supplements for patients with certain forms of age-related macular degeneration. There is no evidence that such treatment will prevent the development of macular degeneration and there is no known benefit for patients who have the advanced disease in both eyes. Based on your exam, your retinal surgeon may suggest that you consider taking such nutrient supplements.

The recommended daily dosages are as follows:

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| Vitamin C | 500 mg |
| Vitamin E | 400 IU |
| Zinc | 25 mg |
| Copper | 1.4 mg |
| Lutein | 10 mg |
| Zeaxanthin | 2 mg |

These supplements can be purchased individually. Currently, some pharmaceutical companies make them available in a single pill form. One such product is Focus Select. Other products containing this combination of supplements are available as well.

Because there may be potential side effects to the use of these supplements in such high doses, we suggest that you consult your internist or primary care physician prior to taking them. You may wish to show your physician this letter so that he or she will be aware of the dosages that are being recommended. Please follow your physician's advice to whether or not such dosages are safe for you.

The Physicians of The Retina Institute