

Nutritional Therapy for Macular Degeneration

Diet and nutrition can play an important role in preventing macular degeneration or preventing progression of macular degeneration. Unfortunately at this time there is no cure for macular degeneration. Damage done to the retina and vision by macular degeneration is usually permanent. Proper nutrition is one of several risk factors you can control to reduce your risk of vision loss from macular degeneration. Studies indicate that increasing the amount of the following antioxidant vitamins, minerals, and nutrients in your diet benefits the health of your macula and helps preserve your vision:

Vitamin C	Zinc
Vitamin E	Copper
Lutein	Zeaxanthin

Borderline to moderate risk for developing macular degeneration

We recommend a daily multivitamin containing the supplements listed above. We also encourage you to eat a diet with a wide variety of fruits and vegetables.

Foods rich in lutein and zeaxanthin (all 1 cup):

Kale 16 mg	Spinach 11 mg
Romaine lettuce 3 mg	Squash 3-4 mg
Peas 4 mg	Carrots 2 mg

High risk for developing macular degeneration or Early stages of dry macular degeneration

We recommend a daily eye vitamin containing the supplements listed above. Examples of supplements that provide the recommended antioxidants include:

Ocuvite Adult 50+, Ocuvite Lutein and Zeaxanthin, or Ocuvite Eye Health Formula

ICaps Lutein and Zeaxanthin Formula

Maxivision Ocular Formula or Whole Body Formula

Other equivalent name brands, generic brands, and store brands are available

Intermediate dry macular degeneration or Wet macular degeneration

We recommend a daily vitamin containing the supplements listed above in amounts recommended by AREDS 2, a study showing the benefits of antioxidants in reducing vision loss from macular degeneration. Examples of supplements that provide the recommended antioxidants include:

Preservision AREDS 2 Formula Soft Gels

Other equivalent name brands, generic brands, and store brands are available

If you take vitamins or supplements under the direction of another physician or if you are taking a blood thinner medication, please check with your general physician before starting any new vitamin supplement.