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Macular Degeneration Prevention Guide

AREDS * recommendations (daily):

- **Vitamin C: 500 mg;**
- **Vitamin E: 400 IU;**
- **Beta-carotene / Vitamin A: 25,000 IU or 15 mg (NOT in smokers);**
- **Zinc: 80 mg of zinc oxide;**
- **Copper: 2mg (cuprid oxide)**

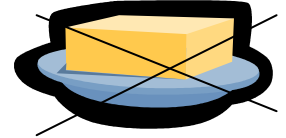
AREDS II (study in progress): **Lutein: 10mg; Zeaxanthin: 2mg; Omega-3-fatty acid (fish oil or DHA (docosahexanoic acid): 1 gram**

CONTROL BLOOD PRESSURE, LIPID LEVEL (cholesterol, triglycerides), and WEIGHT. BALANCED PHYSICAL ACTIVITY AND LOW DIETARY FAT.



FISH OIL (Pharmaceutical grade): 2 TIMES DAILY

OLIVE OIL or NUT OIL
(NOT partially hydrogenated oil. NOT Margarine)



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Suite 650
Bellaire, Texas 77401
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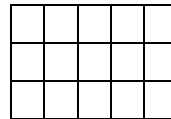
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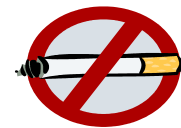
SUNGLASSES



GRID DAILY



NO SMOKING



DARK GREEN VEGETABLES



BRIGHTLY COLORED FRUITS & VEGETABLES



FRESH BERRIES



FISH (COLD-WATER SALMON, MACKEREL, SARDINES)



GREEN OR RED TEA



2X Daily

***AREDS: Age-related Eye Disease Study (National Eye Institute – sponsored trial)
Common OTC multivitamins: Preservision, OcuVite, VitEyes, ICaps, Macular Rx**