

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)

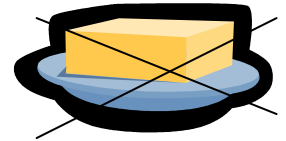
AREDS II - (study in progress): Lutein: 10mg; Zeaxanthin: 2mg;
 Omega-3-fatty acid (fish oil or DHA (docosahexanoic acid): 1 gram

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)



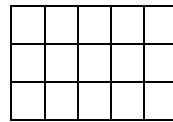
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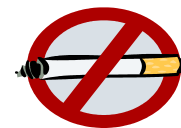
SUNGLASSES



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: Preservation, OcuVite, VitEyes, ICaps, Macular Rx**