

Vitamin Use For Macular Degeneration

The age-related eye disease study was an observational experimental study concerning the use of vitamin supplementation for patients with macular degeneration. Patients were assigned to use a vitamin containing:

Vitamin C 500 milligrams

Vitamin E 400 I.U.

Beta-carotene 15 milligrams

80 milligrams of zinc oxide

2 milligrams of copper as cupric oxide

The study showed that patients who took vitamins did have a lower rate of progression than patients who did not take the vitamins. For this reason, we recommend vitamin supplementation in the above quantities for patients with mild to moderate macular degeneration. Please note, however, that patients who are smokers are asked to avoid beta-carotene due to the small increased risk of lung cancer. If you are a smoker, you may take the other supplements as listed above, but avoid the beta-carotene. Please also note that the OcuVite or I-Caps vitamins that were used as formulations in the study do not contain all of the exact quantity as above in one pill, but rather contain it in two pills, twice daily.

*Also note that 15 mg of beta-carotene may be labeled as 25,000 IU of vitamin A.

*Please also take your usual once a day vitamin to complement the above.

*The dose of OcuVite or I-Caps is **2 pills twice a day.**

If you have questions please contact our office at: **928-855-5026**