

Nutrition and Supplements for Eye Health

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Age-Related Macular Degeneration

AGE-RELATED EYE DISEASE STUDY (AREDS 2)

NIH study that evaluated the efficacy of high-dose antioxidants on the progression of AMD.

A combination of:

Lutein	2 mg
Zeaxanthin	10 mg
Zinc	at least 25 mg
Copper	2 mg
Vitamin C	500 mg
Vitamin E	400 IU

Results:

In patients with intermediate dry AMD, supplementation with the AREDS 2 formula reduced the risk of progression to advanced AMD.

Eating for Eye Health



Fish

Tuna, salmon, mackerel and trout provide a great source of omega-3 fatty acids. Aim for 2-3 servings of fish per week.

Eggs

Lutein and zeaxanthin are found in the yolk. Research suggests these antioxidants are more bioavailable in eggs than from plant sources. The more yellow-orange the yolk, the better!

Fruits & Berries

Citrus fruits contain Vitamin C while dark berries contain anthocyanins - both powerful antioxidants.

Nuts & Seeds

These contain zinc in addition to lutein and zeaxanthin.

Leafy Greens

Spinach and kale are great sources of lutein and zeaxanthin.

What to Avoid

Processed sugars and grains.