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## Age Related Eye Disease Study (AREDS) Results

Recently published results from the AREDS study showed that supplements containing high levels of antioxidants and zinc significantly reduce the risk of advanced age-related macular degeneration (AMD).

People at high risk for developing advanced AMD lowered their risk by about 25% and reduced risk of vision loss by about 19% when treated with high dose combination of vitamin C, vitamin E, beta-carotene and zinc.

The nutrients evaluated contained:

**500 mg of vitamin C**

**400 IU of vitamin E**

**15 mg of beta-carotene**

**80 mg of zinc**

**2 mg of copper**

These vitamins can be found in Bausch & Lomb PreserVision as well as many other comparable brands.

In addition, a diet with the following is thought to prevent macular degeneration:

**Green vegetables such as kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, garden peas and brussel sprouts are among the best sources of lutein and zeaxanthin.**