

RECOMMENDED NUTRIENTS FOR HEALTHY EYES

Did you know that daily intake of certain nutrients – either through foods or supplements – has been linked to healthy eyes and may reduce the risk of some chronic eye conditions?¹⁻⁷ Consider the list below^{8,9}, and remember that the recommended daily intake of these essential nutrients typically requires supplementation in addition to exposure through traditional dietary sources. Ask your pharmacist or supplement retailer for additional details, and be sure to follow product directions. It is always important to consult your eye health professional or physician before beginning any new nutrition regimen.

10

MG/DAY

Lutein^{1,2,7}

Dark green leafy vegetables such as spinach, collards or kale; corn, eggs or lutein supplements

500

MG/DAY

DHA/EPA^{4,5}
Essential Fatty Acids

Flax or fleshy fish like tuna or salmon, or fish oil supplements

500

MG/DAY

Vitamin C⁶

Orange juice, other citrus and fortified juices, citrus fruits, Vitamin C supplements or multivitamins

400

IU/DAY

Vitamin E⁶

Nuts, salad and vegetable oils, peanut butter, fortified cereals, sweet potatoes, margarine, Vitamin E supplements or multivitamins

2

MG/DAY

Copper⁶

Mixed nuts, sunflower seeds, beef liver, beans, lentils or multivitamin/mineral supplements

40-80

MG/DAY

Zinc⁶

Red meat, poultry, oysters, fortified breakfast cereals, nuts, baked beans, milk, or multivitamin/mineral supplements

* The 40–80 mg zinc dosage is for people diagnosed as being at high risk for age-related macular degeneration (AMD) or experiencing early-stage AMD. High doses of zinc may cause stomach upset. The recommended dietary allowance (RDA) for zinc is 11 mg for men and 8 mg for women.

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Emerging Science

The National Institutes of Health is conducting a 4,000-patient clinical trial to evaluate the effects of various nutrients on eye health. The study, called the second Age-Related Eye Disease Study (AREDS2), was developed after an earlier study (AREDS) found age-related macular degeneration to be a nutrition responsive disorder.

AREDS2 Supplementation doses per day include:

Lutein: 10 mg	Zeaxanthin: 2 mg
DHA: 350 mg	EPA: 650 mg
Vitamin C: 500 mg	Vitamin E: 400 IU
Zinc: 80 or 25 mg	Copper: 2 mg

Questions to discuss with your doctor of optometry:

There are many benefits to being well-informed about your eye health and the nutrients that can help maintain or improve visual performance. Take a few moments to visit with your doctor of optometry about the possibilities. Use these questions to help begin the conversation.

I take a multivitamin everyday, is that enough?

Does cooking lower the nutritional content of food?

I don't always eat according to the food pyramid. Taking a supplement(s) is an easy way for me to get the correct amount of nutrients needed to maintain healthy eyes. How do I know which supplements are reputable? Of high quality and can be trusted?

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