

AREDS 1 formulation

Antioxidant vitamins – 500 mg of vitamin C;

400 IU of vitamin E

15 mg of beta-carotene

80 mg of zinc oxide and 2 mg of cupric oxide

This formulation has been shown to reduce the risk of developing advanced AMD and the associated visual loss by as much as 25%, over 5 years, in individuals with moderate to high risk of age-related macular degeneration (AREDS categories 3 and 4).

These findings were accompanied by a 19% reduction in the risk of moderate vision loss (loss of three or more lines on the visual acuity chart), at 5 years⁽¹³⁾.

However, this formulation is not recommended for smokers, since beta-carotene has been shown to increase the risk of lung cancer^(14,15).

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