**What helps; what does not?**

([www.karmayog.org](http://www.karmayog.org)) (01.10.2013)

The National Eye Institute of National Institute of Health USA conducted a study in 2001, to determine what supplements improve AMD. This study was called **Age Related Eye Diseases Study (AREDS)**. They came out with a recommendation for supplements for AMD.

This supplement was called **AREDS** formulation and contained:

* 500 milligrams (mg) of vitamin C
* 400 international units of vitamin E
* 15 mg beta-carotene
* 80 mg zinc as zinc oxide
* 2 mg copper as cupric oxide

In 2006 another study was commissioned called **AREDS2** to find out:

1. Does addition of Omega 3 fatty acids(DPA and EHA) improve AMD.
2. Does addition of Lutein and Zeaxanthin improve AMD

The study found :

1. Addition of Omega 3 fatty acids did not help.
2. Simply adding Lutein and Zeaxanthin did not show much improvement.
3. However substituting Lutein and Zeaxanthin for beta-carotene showed improved outcome.

(Omega 3 Fatty acids are DHA, EPA and ALA. DHA stands for Docosahexaenoic acid (DHA) and is found in fish and fish oils. EPA is Eicosapentaenoic and found in fish and fish oils. ALA is Alpha-Linoleic acid and is found in Walnuts and Flaxseeds. ALA is converted to DHA and EPA by body. Lutein and Zeaxanthin are cartoneids. They are found in dark green leafy vegetables such as Spinach( *Palak in Hindi*).Beta Carotene is also a cartoneid found in coloured fruits and vegetables. They are especially found in carrots and tomatoes. More colored a fruit or vegetable; more beta carotene it has. Cartoneids give colour to plants, fruits and vegetable and are converted by body to vitamin A)

The new AREDS2 supplement contains

* 500 milligrams (mg) of vitamin C
* 400 international units of vitamin E
* 80 mg zinc as zinc oxide
* 2 mg copper as cupric oxide
* 10 mg Lutein
* 2 mg Zeaxanthin

It may be a good idea to eat lots of green leafy vegetables. Also it may help to include fish; or if you are vegetarian consume walnuts and flaxseeds to get Omega 3 fatty acids.