



North Suburban Vision Consultants Ltd.

Ours is a 20/20 Commitment to Eye Care Excellence!

Vision Alert

May 2005

Dietary Supplements for Eyes

Evidence-based medicine suggests that certain nutrients, specifically antioxidants and lutein, play a significant role in eye health. The landmark Age Related Eye Disease Study (AREDS), which was a National Eye Institute and National Institute for Health funded study, discovered that there was a significant decrease in the progression of vision loss in patients with macular degeneration taking antioxidants and zinc supplements. Other studies have shown the relationship of Omega 3 and 6 fatty acids in dry eye syndrome (DES). More and more studies are published demonstrating the role of nutrition and dietary supplements in overall health and body functions.