Age-Related Macular Degeneration and Supplements

What is the evidence?

Quick facts:

- No evidence that supplements prevent AMD
- Anti-oxidant supplements, such as Vitalux-AREDS®, have modest benefit in slowing the progression from intermediate to advanced stages of AMD
- Potential safety issues exist with anti-oxidant and zinc supplements; zinc may increase risk of anemia and hospitalizations due to genitourinary problems, and antioxidants caused yellowing of skin and an increase in all-cause mortality
- Increasing dietary lutein and omega-3 may protect against the early stages of AMD and slow progression, though evidence is limited; lutein and omega-3 supplements have not shown benefit

Many consumers ask about taking ocular vitamins or other supplements to help their eye health or prevent age-related macular degeneration (AMD). Some healthcare providers are also recommending supplements to their AMD patients — but is there any proof ocular vitamins or supplements can benefit eye health or AMD?

AMD is a leading cause of blindness and visual loss in adults. There are two types of AMD — wet and dry — which influences what intervention may be effective. Dry AMD is more common than wet AMD. Dry AMD causes vision loss slowly and gradually, and progresses in three-stages: early, intermediate and advanced. In contrast, wet AMD causes rapid distortion and severe loss of vision. Dry AMD can progress into wet AMD.

So where do supplements fit in? Currently, ocular vitamins (eg. Vitalux® and Ocuvite®), zinc, lutein and omega-3 are marketed for helping AMD. The following table is a review of the available evidence for supplements marketed for AMD.
<table>
<thead>
<tr>
<th>AREDS Study formula: Anti-oxidants</th>
<th>Benefits</th>
<th>Harms</th>
<th>Comments</th>
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<tbody>
<tr>
<td>- Vitamin C 500mg</td>
<td>Intermediate and advanced AMD patients had a reduced rate of 15 letter visual acuity loss vs. placebo (NNT 17 over 6.3 years; OR 0.73, 99% CI, 0.54 – 0.99)</td>
<td>• Yellowing of skin with anti-oxidants (Absolute risk increase (ARI) of 2.3% vs. placebo; NNH 43 over 6.3 years) 7,8</td>
<td>Does not prevent or delay onset of AMD 9</td>
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<td>- Vitamin E 400 IU</td>
<td>Fewer patients progressed to advanced AMD or wet AMD vs. placebo (NNT 13 over 6.3 years; OR 0.72, 99% CI, 0.52-0.98)</td>
<td>• Increased risk of lung cancer in smokers 17,25 with beta-carotene (RR 1.21, 95% CI, 1.09 – 1.34), but evidence conflicting in other analyses 12,18</td>
<td>Increase in all-cause mortality also seen when beta-carotene and vitamin E given separately; (ARI of 2.7% and 1.7% over 3 years, respectively) 6</td>
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<td>- Beta-carotene 25,000 IU</td>
<td><strong>AREDS formula</strong>: Zinc 80mg Anti-Copper 2mg Beta-Vitamin E 400 IU Vitamin C 500mg Beta-carotene 25,000 IU</td>
<td>• Higher beta-carotene intake associated with increased incidence of wet AMD (ARI 2.01% vs. lower intake; NNH 50 over 5 years) 10</td>
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<td>- Copper 2mg</td>
<td><strong>AREDS formula</strong> + zinc group above</td>
<td>• Increase in all-cause mortality from a meta-analysis with similar doses to the AREDS trial (RR 1.10, 95% CI, 1.05 to 1.15; ARI = 1.0% vs. placebo; NNH 100 over 3 years) 6</td>
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<tr>
<td>Zinc 80mg</td>
<td>Reduced progression to advanced or wet AMD (NNT 13 over 6.3 years; OR 0.75, 99% CI, 0.55 – 1.03)</td>
<td>• Increased risk of anemia (ARI 2.3% vs. placebo; NNH 33 over 6.3 years) 7,8</td>
<td>Harms with zinc also apply to anti-oxidants + zinc group above</td>
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<td><strong>AREDS formula</strong> + zinc group above</td>
<td>• Increased risk of genito-urinary problems (unspecified UTI, stress incontinence, prostatic hyperplasia) leading to hospital admission (ARI 3% vs. placebo; NNH 29 over 6.3 years) 7,8</td>
<td>Did not slow 15 letter visual acuity loss (unlike anti-oxidants + zinc)</td>
</tr>
<tr>
<td>Lutein and zeaxanthin</td>
<td><strong>Dietary</strong></td>
<td>No harms identified with dietary lutein 5</td>
<td>The dietary study 10 was done on an Australian population. Average intake of lutein and zeaxanthin for elderly Australian people is 914ug 21</td>
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<td><strong>Supplement</strong>: AREDS II trial demonstrated no difference in progression to advanced AMD with the addition of lutein 10mg and zeaxanthin 2mg to the AREDS formula 25</td>
<td>No harms found with supplementary lutein in three studies 19,20,25; some evidence of safety for long-term supplementation (4.9 years with no adverse effects) 25</td>
<td>AREDs II trial did not have a placebo comparator—only compared to the AREDS formula without addition of lutein or zeaxanthin 25</td>
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<tr>
<td>Omega-3</td>
<td><strong>Dietary</strong></td>
<td>Higher dietary intake of EPA and DHA was associated with lower chance of AMD progression to advanced stages, but not wet AMD (OR 0.44, 95% CI 0.23 – 0.87) 11</td>
<td>No harms expected with dietary intake of fish 5</td>
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<td><strong>Supplement</strong>: AREDS II trial demonstrated no difference in progression to advanced AMD with the addition of DHA 350mg and EPA 650mg to the AREDS formula 25</td>
<td>When just higher intake of servings of fish measured, it was not associated with any benefit; possible benefit only apparent if fish high in EPA and DHA are consumed 11</td>
<td>AREDs II trial did not have a placebo comparator—only compared to the AREDS formula without addition of EPA or DHA 25</td>
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<td>Under 2-3 grams per day of fish oil is safe 5</td>
<td>Fishy aftertaste or burp, nausea or heartburn possible 5</td>
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1) Ocular vitamins (eg. Vitalux-AREDS®, Ocuvite®)

Vitalux-AREDS® is the most commonly used supplement to treat AMD, but the available evidence supporting its efficacy weak. The largest study (the AREDS trial) compared anti-oxidants vs. anti-oxidants plus zinc vs. zinc alone vs. placebo in a randomized controlled trial of 3640 participants aged 55-80. The trial included patients with dry AMD at early, intermediate and advanced stages; patients with no AMD were excluded\(^7\).

The available evidence suggests the use of the AREDS-formula supplement should be restricted to patients with intermediate or advanced dry AMD; it appears there is no protective effect in patients without AMD and the effect on early disease is unknown, but likely insignificant\(^7\). Also, the safety profile of anti-oxidants in supplements is not yet determined, so they should not be used unless benefit is expected. There have been harms associated with anti-oxidants, such as yellowing of skin, genito-urinary problems, and an increase in all-cause mortality.

The ocular supplements currently available in Canada do not match the AREDS trial formula.

|                              | Beta-carotene | Vitamin C | Vitamin E | Zinc | Copper | Other
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<tr>
<td>AREDS trial</td>
<td>25,000 IU</td>
<td>500mg</td>
<td>400 IU</td>
<td>80mg</td>
<td>2mg</td>
<td>--</td>
</tr>
<tr>
<td>Vitalux-AREDS(^{15})</td>
<td>19,000 IU</td>
<td>500mg</td>
<td>400 IU</td>
<td>80mg</td>
<td>2mg</td>
<td>• Lutein 10mg</td>
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</table>
| Ocuvite Adult 50+\(^{16}\)  | --            | 150mg     | 30 IU     | 9mg  | 1mg    | • Zeaxanthin 1mg
|                              |               |           |           |      |        | • Lutein 6mg
|                              |               |           |           |      |        | • EPA 160mg
|                              |               |           |           |      |        | • DHA 90mg |
| Icaps Time Release Formula With Lutein & Zeaxanthin\(^{16}\) | --            | 400mg     | 150 IU    | 50mg | 4mg    | • Vitamin A 6600 IU
|                              |               |           |           |      |        | • Manganese 10mg
|                              |               |           |           |      |        | • Riboflavin 10mg
|                              |               |           |           |      |        | • Selenium 40mcg |
| Preservision AREDS 2 formula\(^{16}\) | --            | 452 mg    | 400 IU    | 69.6mg | 1.6mg    | • Lutein 10mg
|                              |               |           |           |      |        | • EPA 650mg
|                              |               |           |           |      |        | • DHA 350mg |
| Eye Care Multivitamins and Minerals with Lutein – AREDS\(^{16}\) | 19,000 IU     | 500mg     | 268 IU    | 50mg | 2mg    | • Lutein 10mg |
| I-Care Formula\(^{16}\)     | 5000 IU       | 300mg     | 100 IU    | 40mg | 2mg    | • Lutein 10mg
|                              |               |           |           |      |        | • Zeaxanthin 1mg |

*Doses are the daily amounts taken per manufacturer recommendation*
2) Lutein and zeaxanthin

Lutein and zeaxanthin has been examined for use in AMD. Lutein is a carotenoid with antioxidant properties; zeaxanthin is the stereoisomer of lutein.

The available evidence shows possible benefit for normal dietary intake of lutein and zeaxanthin—approximately 1000 µg per day, found in green, leafy vegetables such as kale, spinach, swiss chard and romaine lettuce—which most North Americans already meet. Lutein and zeaxanthin supplements have been evaluated in the AREDS II trial, and were found to have no additional benefit over placebo (which was the AREDS formula). However, no harms were found with supplementary lutein over 4.9 years in this study.

3) Omega-3 fatty acids

Omega-3 continues to be investigated for many uses, but few quality studies exist for its use in AMD. As with lutein, higher dietary intake of omega-3 was associated with a lower chance of AMD progression, though evidence is limited. There is only one quality study available that investigated EPA and DHA supplementation for AMD—the AREDS II trial—which did not demonstrate a different versus placebo (the AREDS formula) in reducing the progression of AMD.

Advise patients that increasing fish intake to at least two servings of fish per week, as per the Health Canada Food Guide, may be beneficial for AMD, but it appears omega-3 supplements do not treat or prevent AMD.

Summary

Although patients may want to try supplements to help their AMD, evidence is still fairly weak. The recently completed AREDS II trial suggests lutein, zeaxanthin or EPA and DHA supplementation have no role in the treatment or prevention of AMD. With the available evidence, consider recommending Vitalux-AREDS or similar supplements only for patients with intermediate or advanced AMD. Also, increasing fish and green-leafy vegetable intake to normal levels may be beneficial; however, all other interventions and supplements have limited evidence, or evidence they have no effect, and there are possible safety issues associated with the use of anti-oxidants and zinc supplements.

References:

2) UpToDate, Age-related macular degeneration: Treatment and prevention
5) Natural Medicines Comprehensive Database, accessed online on 2013 April 20.


16) Health Canada Licensed Natural Product Database


22) Lyle, BJ. *Antioxidant intake and risk of incident age-related nuclear cataracts in the beaver dam eye study*. American journal of epidemiology. 1999;149(9):801


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**Posted April 26, 2013**

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