

TABLE 1 ANTIOXIDANT VITAMIN AND MINERAL SUPPLEMENTS USED IN THE AREDS 2

Supplement	Daily Dose*
Vitamin C	500 mg
Vitamin E	400 IU
Lutein/zeaxanthin	10 mg/2 mg
Zinc oxide	80 mg or 25 mg
Cupric oxide	2 mg

AREDS2 = Age-Related Eye Disease Study 2

Data from Age-Related Eye Disease Study 2 (AREDS2) Research Group. Lutein/zeaxanthin for the treatment of age-related cataract: AREDS2 randomized trial report number 4. JAMA Ophthalmol 2013;131:843-50.

* These doses are not those listed on the commercially available vitamin/mineral supplements because of a change in labeling rules by the U.S. Food and Drug Administration that specifies that the doses must reflect the amounts available at the end of the shelf life.