

TABLE 2 SUMMARY OF RESULTS OF ORIGINAL AREDS FOR DEVELOPING ADVANCED AMD AND VISION LOSS

	Antioxidants Plus Zinc	Zinc Alone	Antioxidants Alone
Reduction of the relative risk of developing advanced AMD	25%	21%	17%
Reduction of the relative risk of vision loss (three or more lines)	19%	11%	10%

AMD = Age-Related Macular Degeneration; AREDS = Age-Related Eye Disease Study

Data from The Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report number 8. Arch Ophthalmol 2001;119:1417-36.