

Ocular Nutritional Supplements: Are Their Ingredients and Manufacturers' Claims Evidence-Based?

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Table 1: The top selling eye supplement brands in the United States, June 2011-June 2012*

BRAND (COMPANY)	PRODUCT	COMPARED TO AREDS** INGREDIENTS	COMPARED TO AREDS/AREDS 2*** DOSES	MANUFACTURER CLAIMS
® PreserVision (Bausch & Lomb, Rochester, NY, USA)	® PreserVision Eye Vitamin AREDS Formula Tablets	Same	Same	“The one and only vitamin and mineral supplement formula proven effective in the National Eye Institute's AREDS” ⁹ “Proven to reduce the risk of progression in people with moderate-to-advanced AMD in the National Eye Institute's AREDS” ⁹
	® PreserVision Eye Vitamin AREDS Formula Soft Gels	Same	Same	“Based on the original Bausch & Lomb PreserVision Eye Vitamin AREDS Formula” ⁹
	® PreserVision Eye Vitamin Lutein Formula Soft Gels	- Beta-carotene + Lutein	Same	“AREDS-based formula that replaces beta-carotene with lutein. For those who should avoid beta-carotene, such as smokers” ⁹
	® PreserVision AREDS 2 Formula	- Beta-carotene + Lutein + Zeaxanthin	Same	“Builds on the original, clinically proven PreserVision AREDS formula” ⁹
® Ocuvite (Bausch & Lomb, Rochester, NY, USA)	® Ocuvite Eye Vitamin Adult 50+ Formula	- Beta-carotene + Lutein + Zeaxanthin + Omega-3 fatty acids	30% of Vitamin C 7.5% of Vitamin E 50% of Lutein 50% of Zeaxanthin 11% of Zinc 50% of Copper	“Many people are not getting high levels of many important eye nutrients through diet alone” ¹⁰ “Help replenish the vital nutrients your eyes can lose as you age” “unique formula to help protect your eye health” ¹⁰ “Important for proper retinal function and support overall eye health” ¹⁰ “Important to help maintain eye health” ¹⁰
	® Ocuvite Lutein & Zeaxanthin Eye Vitamin and Mineral Supplements	- Beta-carotene + Lutein + Zeaxanthin	12% of Vitamin C 7.5% of Vitamin E 50% of Lutein/Zeaxanthin 19% of Zinc 100% Copper	“Help replenish essential nutrients to help protect the health of your eyes” ¹⁰ “Supports macular health by helping filter harmful blue light” ¹⁰ “Helps keep the macula of the eye healthy, and the macula is critical to your vision” ¹⁰ “As we age, lutein is depleted and must be constantly replaced” ¹⁰
	® Ocuvite Lutein Eye Vitamin and Mineral Supplement	+ Lutein + Selenium	40% of Vitamin C 15% of Vitamin E 4% of Beta- carotene 20% of Lutein 50% of Zinc 100% Copper	“Work to help protect the health of your eyes” ¹⁰ “Supports macular health by helping filter harmful blue light” ¹⁰

<p>® ICaps (Alcon Laboratories)</p>	<p>® ICAPS Eye Vitamin Lutein & Omega-3 Formula</p>	<p>+ Vitamin A as retinol (- beta-carotene) + Vitamin B1, B2, B3, B6, B9, B12 + Calcium + Selenium + Manganese + Lutein + Zeaxanthin + Omega-3 fatty acids</p>	<p>9% of Vitamin C 3% of Vitamin E 100% of Lutein 100% of Zeaxanthin 9% of Zinc 45% of Copper</p>	<p>“Promotes healthy eyes in people at risk for age-related eye changes”¹¹</p>
	<p>® ICAPS Eye Vitamin Lutein & Zeaxanthin Formula</p>	<p>+ Riboflavin + Manganese + Selenium + Calcium</p>	<p>80% of Vitamin C 38% of Vitamin E 26% of Beta- carotene 33% of Lutein/Zeaxanthin 75% of Zinc 200% of Copper</p>	<p>“Provides lutein with zeaxanthin to support eye health”¹¹ “Recommended for people who are interested in overall eye health”¹¹ “For people who want to supplement their current multivitamin or are not currently taking a multivitamin”¹¹</p>
<p>® ICaps AREDS (Alcon Laboratories, Fort Worth, TX, USA)</p>	<p>® ICAPS Eye Vitamin AREDS Formula</p>	<p>Same</p>	<p>Same</p>	<p>“Contains the exact formulation used in the AREDS”¹¹ “Supports eye health in people with intermediate to advanced AMD”¹¹</p>
<p>® EyeScience Macular Health Formula (EyeScience, Powell, OH, USA)</p>	<p>® EyeScience Macular Health Formula</p>	<p>+ Vitamin D + Selenium + Vitamin B6, B9 + Lutein + Zeaxanthin + Bilberry extract + Alpha lipoic acid + Grapeseed extract + L- Glutathione + MacuGlo™ proprietary blend</p>	<p>100% of Vitamin C 100% of Vitamin E 100% of Lutein 100% of Zeaxanthin 50% of Zinc 100% of Copper</p>	<p>“The most complete ocular supplement designed for those with and without AMD”¹² “For older patients who may already be at an increased risk for AMD, it is better late than never when it comes to the use of nutraceuticals”¹²</p>

*Per *Packaged Facts*, Rockville, MD, USA

**AREDS, Age-Related Eye Disease Study (500 mg of vitamin C, 400 IU of vitamin E, 15 mg of beta-carotene, 80 mg of zinc, 2mg of copper)

*** AREDS 2 (500 mg of vitamin C, 400 IU of vitamin E, 10 mg of lutein, 2 mg zeaxanthin, 80 mg of zinc, 2 mg of copper)