



# Macular Degeneration Patients Recommendations-AREDS 2 Formula Daily Amounts

602-242-4928

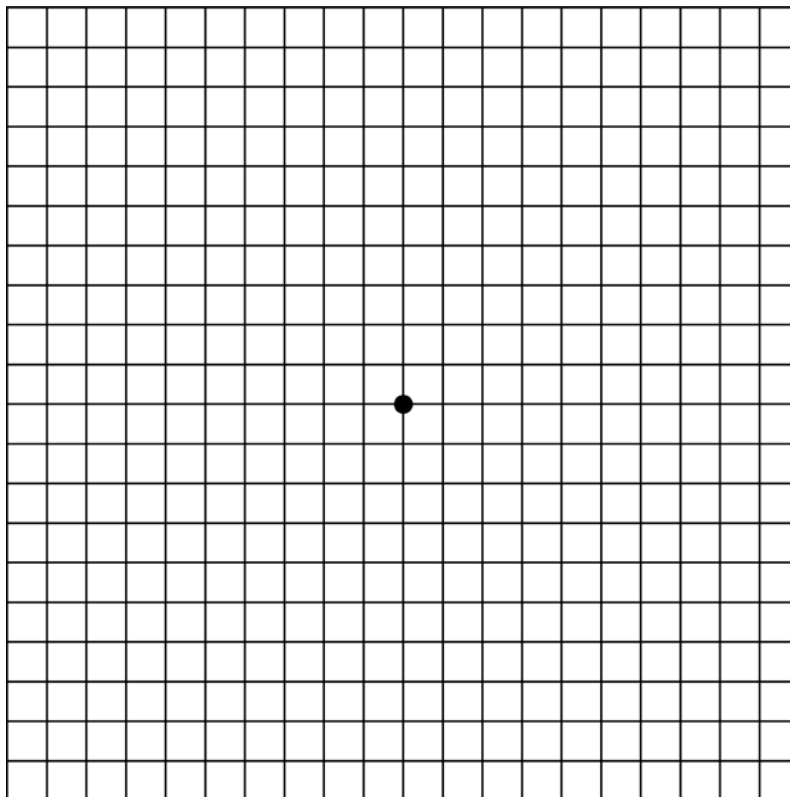
Vitamin C	500 milligrams
Vitamin E	400 International Units
Zinc	25 milligrams
Cupric Oxide	2 milligrams
Lutein	10 milligrams
Zeaxanthin	2 milligrams



Available as:  
***Bausch & Lomb PreserVision with Lutein***  
(2 a day) or  
***Macular Health's-Visual Advantage***  
(2 a day)-available at front desk.

Beta Carotene is **NOT** recommended.

## Amsler Grid



- Test each eye separately-Cover the eye that you are not testing.
- Keep the grid at a normal reading distance-about 14 inches away.
- Look directly at the dot in the center of the grid.
- If you normally wear glasses, do so while looking at the grid.

**If you notice blurry or wavy lines, and dark or blank spots, call our office immediately.**