Macular Degeneration Patients
Recommendations-AREDS 2
Formula Daily Amounts

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

Beta Carotene is **NOT** recommended.

Available as:
* Bausch & Lomb PreserVision with Lutein (2 a day) or
* **US Retina AREDS 2 Formula** (2 a day)-available at the front desk

**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.