

Policy of Nutritional Supplementation in Age Related Macular Degeneration

Introduction

East Kent Prescribing Group does not recommend the prescription of antioxidant/mineral supplementation to treat age-related macular degeneration.

“Evidence regarding the benefits of nutritional supplements against eye disease is conflicting and there is no real agreement among researchers on this subject at present. However, a consensus has been reached on the importance of a healthy, balanced diet full of fresh fruits and vegetables, particularly leafy green vegetables such as kale and spinach.”

<http://www.rnib.org.uk/eye-health-looking-after-your-eyes/nutrition-and-eye> - accessed 26 June 2014

For review when relevant new evidence is published.