

Essential Nutrients Your Eyes Need

Research has identified essential nutrients that can protect your eyes—keep them healthy, improve quality of vision and reduce the risk of certain eye conditions as you age.¹⁻¹³

Below are suggested daily intakes,¹¹ which may require supplementation in addition to your diet. Always consult your eye doctor or physician before making changes to your nutrition regimen.

10

mg/day

Lutein⁹⁻¹⁴



2

mg/day

Zeaxanthin⁹⁻¹⁴

Kale
Spinach
Collards
Corn
Green Peas
Broccoli
Green Beans
Eggs

500

mg/day

Vitamin C^{1,8-10,14}

Oranges
Citrus Juices
Citrus Fruits

400

IU/day

Vitamin E^{1,8-10,14}

Nuts
Fortified Cereals
Sweet Potatoes

25/80

mg/day

Zinc^{★ 1,6,11,14}

Red Meats
Fortified Cereals
Milk

Zinc supplementation may cause stomach upset and has been known to interfere with copper absorption, so 2 mg/day of copper is strongly recommended for people supplementing their diet with zinc.

*The recommended dietary allowance (RDA) for zinc is 11 mg for men and 8 mg for women. A zinc dosage 25 mg or higher is for people at high risk for AMD or diagnosed/experiencing early-stage AMD. AREDS2 tested both 25mg/day and 80mg/day of zinc. Based on this study, the National Eye Institute's recommendation is 80mg/day. There is ongoing research on the effects of Zinc with some genetic profiles and patients with questions should check with their eye care professional.

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Protect Your Eyes

Lutein (loo'-teen) and **zeaxanthin** (zee-uh-zan'-thin) are dietary nutrients that are naturally deposited as a protective layer in the macula, a small spot in the back of the eye responsible for central vision.

Most Americans
only get about

10%

of the lutein and
zeaxanthin needed
each day from
dietary sources.¹⁵

Lutein and zeaxanthin work like internal sunglasses protecting the macula from damaging effects of blue light and oxidative stress. Higher macular pigment can improve your ability to react to bright flashes of light or see objects against a similar background—critical to driving at night or enjoying outdoor sports.

10 + 2 mg Every Day

It can be difficult to get all the lutein and zeaxanthin you need each day from diet alone—the average American diet only provides about 1-2 mg. Vitamins containing 10 mg lutein and 2 mg zeaxanthin can help bridge this gap.

Talk to Your Eye Doctor About MPOD

Ask your doctor about proper nutrition and ways to promote healthy vision including measuring your macular pigment optical density (MPOD)* to see if you're getting the lutein and zeaxanthin your eyes need every day.

Learn more about ocular nutrition:

aoa.org or **floraglo.com**

To order these tear pads for your practice or view other available materials, go to **aoa.org/marketplace** and click on the "nutrition tab."



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*MPOD is a unique diagnostic tool that measures lutein and zeaxanthin levels in the eye. It is offered by many eye care professionals. Discuss with your doctor of optometry whether this is the right test for you, or if you are a candidate for other retinal health testing procedures.

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NG-3 Rev. 3-2014