

THE COACH'S PLAN

The Plain-English AREDS2 Plan

For anyone weighing an eye supplement, or told they have early signs of macular degeneration.

25%

Lower risk of advanced AMD
over five years, in the AREDS trial

0

Benefit for healthy eyes
no effect without existing AMD

2

Pigments the retina stores
lutein and zeaxanthin, from greens

One eye supplement was actually tested in a large government-run trial, and it works. The catch is who it works for. The National Eye Institute proved the AREDS2 formula slows vision loss only in people who already have intermediate macular degeneration, and does nothing for everyone else.

What the evidence actually says

- 1 The National Eye Institute ran AREDS and AREDS2, large randomized, placebo-controlled trials.
- 2 The formula cut the risk of progressing to advanced AMD by about 25 percent over five years.
- 3 It helped only people with intermediate or advanced AMD, not early AMD or healthy eyes.
- 4 It does not prevent macular degeneration and had no effect on cataracts.
- 5 Beta-carotene was removed after it raised lung cancer risk in current and former smokers.

Your 3-step plan

1 Step 1: Get a dilated eye exam first

You cannot know whether AREDS2 fits you without knowing your AMD status. Only intermediate or advanced AMD benefits, and a dilated exam is how that gets diagnosed. Start there, not at the supplement shelf.

2 Step 2: Eat the pigments, not just a pill

Kale, spinach, collard greens and egg yolk supply lutein and zeaxanthin. A diet rich in them is linked to lower AMD risk on its own, and it helps every eye, diagnosed or not.

3 Step 3: If you qualify, match the studied formula

The tested formula is a specific set of nutrients at specific doses. If your eye doctor recommends it, choose a product that matches the AREDS2 formula, and skip it entirely if you smoke or recently quit.

The safety line

This guide is educational, not medical advice. AREDS2 is a treatment for diagnosed macular degeneration, not a supplement for healthy eyes. Talk with your eye doctor before starting it, especially if you smoke or take other medication.

Read the full article: <https://www.agelesscoach.com/articles/the-only-eye-supplement-with-a-government-trial>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.