



1. Test one eye at a time, use normal glasses for reading.
2. Hold chart at normal reading distance.
3. Stare at central dot and look for distortion or blind spots in the grid.

See next page for vitamin list

Macular Degeneration Vitamin List

The Age-Related Eye Disease Study (A.R.E.D.S.) formulation has been clinically proven in a prospective double blind randomized trial to prevent or delay the onset and development of macular degeneration disease and subsequently slow or diminish vision loss. The high dose A.R.E.D.S. regimen includes the following:

Non Smokers Formula

Daily Dose	
Vitamin E	400 IU
Vitamin C	500 mg
Beta Carotene A	25,000 IU
Zinc	80 mg
Copper	2 mg

Smokers Formula

Daily Dose	
Vitamin E	400 IU
Vitamin C	500 mg
Beta Carotene A	0
Zinc	80 mg
Copper	2 mg

****Vitamins can be toxic; each patient should speak to their ophthalmologist and internist before beginning a vitamin regimen.****