

Prescribing of lutein and oral antioxidant vitamin supplements is not supported

East Lancashire CCG and Blackburn with Darwen CCG do not support the prescribing of lutein and other oral anti-oxidant vitamin supplements for the prevention of Age Related Macular Degeneration (AMD) or any other indication.

Maintaining a healthy body is a personal responsibility, this includes a balanced diet rich in vitamins and minerals. Evidence suggests there is little benefit from using these supplements and in some people there is a possibility they could lead to harm. Experts recommend eating a healthy diet including plenty of dark green leafy vegetables such as kale and spinach, oily fish and plenty of fruit. The Macular Society leaflet provides more information on dietary sources. Available from this link here:

https://www.macularsociety.org/sites/default/files/downloads/Accessible%20Nutrition%20JAN17.pdf

Across East Lancashire CCG and Blackburn with DarwenCCG, practices will not be prescribing this treatment and any patients already receiving this on prescription should be advised that this will stop.

People should not notice any difference when their prescription is stopped.

It is recommended that patients take the following measures to reduce the risks of worsening AMD:

- Eat a healthy diet including oily fish and lots of fruit and green vegetables.
- Maintain a healthy weight and blood pressure.
- Stop smoking.
- Protect eyes by wearing lenses that block UV light, or a hat with a brim or visor.
- Have annual eye checks.

Should patients wish to continue taking supplements they can be purchased over the counter from pharmacies and health food shops. Many of the preparations have been formulated based on the results of the AREDs and AREDS2 studies, and contain the following:

Doses recommended as per AREDS & AREDS2 studies		Dose range in products available for self-purchase	
Vitamin C	500mg	60mg – 500mg	
Vitamin E	270mg (400 units)	20mg – 270mg	
Lutein	10mg	4mg – 20mg	
Zeaxanthin	2mg	1mg – 2mg	
Zinc oxide	25mg – 80mg	15mg – 70mg	
Copper / cupric oxide	2mg	1mg – 2mg	

Prescribing of oral anti-oxidant vitamin supplements is a low clinical priority due to the lack of evidence of any benefit and ability to obtain sufficient quantities in a healthy balanced diet.

Providers commissioned to provide services on behalf of East Lancashire CCG and Blackburn with Darwen CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

Title	Prescribing of lutein and oral antioxidant vitamin supplements is not supported		
References	N/A		
Acknowledgements	Mid Essex CCG Basildon and Brentwood CCG and Thirrock CCG		
Version	1		
Author	Medicines Management Team		
Approved by	East Lancashire Medicines Management Board		
Date Approved	June 2019		

PATIENT INFORMATION – PRODUCTS AVAILABLE FOR SELF PURCHASE

PRODUCT	RETAILERS	PACK SIZE & GUIDE PRICE (APRIL 2017)	PICTURE
Icaps	Boots	30 - £13.49	New One-A-Day Formula
Dose: One tablet daily			-Caps
,	Amazon	30 - £11.73	BATTAL SEPPLEMENT AND
	Vision Direct www.visiondirect.co.uk	30 - £15.99	MANTANS HALINY TYPE ACCOUNTS ACCOU
MacuShield	Boots	30 - £18.99 90 - £44.99	
Dose: One capsule daily	Amazon	90 - £26.71	MacuShield
	Lenstore www.lenstore.co.uk	90 - £22.00	Protect 8 Support Sye Realth Microsoft Committees Seasons for mixed bayes
MacuShield Gold	Boots	90 - £29.99	out cutius
Dose: One capsule 3 times a day	Amazon	90 - £25.00	Macushield
N.B. 90 pack is 1 month supply	Lenstore www.lenstore.co.uk	90 - £22.00	30 Day Pack SO Captules 1000 SOFT AMENT FORMAL MANIES AND ASSESSMENT AND ASSESSMENT ASSESSMENT COMPANY OF THE PACK ASSESSM
Ocuvite Lutein	Boots	30 - £11.99	BAUSCH+LOMB
Dose: One capsule daily			Ocuvite.
	Amazon	30 - £7.49	Eye Vitamin and Mineral Food Supplement Lutein
	Vision Direct www.visiondirect.co.uk	30 - £9.99	Advanced Antioxidant Supplement With Lutein 30 Capsules
Ocuvite Complete	Boots	60 - £16.49	BAUSCH+LOMB
Dose: Two capsules daily			Ocuvite. Scientifically formulated fey Vitamin & Mineral food Supplement
	Amazon	60 - £13.66	Complete Date and that here provided a committee committ
N.B. 60 pack is 1 month supply	Vision Direct www.visiondirect.co.uk	60 - £17.99	+ Oneign-3 Listy scicls. 1-2-11 **Consequentity 60 Consequence 2 per ery
PreserVision Lutein	Amazon	60 - £14.95	
Dose: One capsule 2 times a day			Bausch a Lomb PreserVision. Eye Watania and Mineral Food Supplement
	Vision Direct www.visiondirect.co.uk	60 - £16.99	Lutein Nijo Prostruc Ups Health
N.B. 60 pack is 1 month supply			Soft deels 2 per days New, conversed to take soft gets. Raced on the work formula sected as a stated to you see you know the soft as
Viteyes 2	Amazon	180 - £55	
Dose: One capsule 2 times a day			Viteyes Formulated for the synal VITEYES 2 Formula
N.B. 180 pack is 3 months supply			Anticoldant Vitamins Plaz Zing on Lane I Zeng on Lane

Retinex	Healthspan	60 - £12.95	60 TABLETS
Kouliox	www.healthspan.co.uk	00 - £12.30	Dovin
Dose: One to two tablet			Retinex* Support normal vision*
daily			Interest Instituted Control of Co
			Monta Julian Mesta pulma Sonica available Miliphovid of
			Minaretin PECF
N.B. 60 pack is 1-2			N. M.
months supply			
			Healthspan Foll section for a health planners But a health planners
Retinex Max	Healthspan	60 - £19.45	
	www.healthspan.co.uk		NEW NEW
Dose: One capsule daily			Retinex Max
			MAINTH STREET
			All Programme Al
			Irreda (2,000,60)
			Healthspan
			-pol adjust for Assistance success for a hearing Mayare
Select Healthy Lutein	Select Healthy	90 - £9.49	
10mg	www.selecthealthy.com	180 - £14.99	
Dose: One tablet daily			
<u>= 555</u> . 5.10 tablet daily			
	Amazon	90 - £10.99	Healthy
		180 - £17.49	Lutein 10mg
			Tublets Food Supplement
	_		
Vitabiotics Ultra Bilberry, Lutein, Zeaxanthin	Boots	30 - £8.99	O Tablets No.
Lutein, Zeaxantnin			VITABIOTICS VITABIOTICS
Dose: One tablet daily	Superdrug	30 - £7.29	ultra"
,	Ouperarag	30 - £1.23	Bilberry, Lutein & Zeaxanthin
			& Zeaxanthin
	Amazon	30 - £6.35	
			MADE TO HIGH STANDAMOS OF QUALITY CONTROL OF NO ARTERIAL COLOURS OF PRESENVATURS
			VITABIOTICS From natural source extracts
Vitabiotics Visionace	Boots	30 - £7.39	
Original	D0013	30 - £1.33	visionace
	Superdrug	30 - £7.29	ORIGINAL
Dose: One tablet daily			
	Holland & Barrett	30 - £7.65	Used by leading UK
			optometrists DIIDEFTY Vitamins A, B2 & Zinc to contribute to the maintenance of
	Amazon	30 - £5.49	normal vision
			VITABIOTICS
Lifeplan Lutein Capsules	Amazon	60 - £12.69	
15mg			
Dece One service 1.11			
<u>Dose</u> : One capsule daily			Lifeplan
	Lifeplan	30 - £7.69	Lutein Optimum
	www.lifeplan.co.uk	60 - £12.39	Optimum Strength
			15mg
			30 CAPSULES
MacuLEH	London Eye Hospital	90 - £29.99	
Dose: One capsule 3	Pharma		London Eye Hospital And Control And Contr
times a day	www.londoneyehospital pharma.com		Pletras MacuLEH M MaculeH M MaculeH M MaculeH M MaculeH M M M M M M M M M M M M M
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