



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 Darwen CCG, 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:

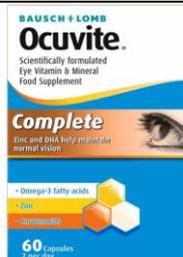
Doses recommended as per AREDS & AREDS2 studies		Dose range in products available for self-purchase
Vitamin C	500mg	60mg – 500mg
Vitamin E	270mg (400 units)	20mg – 270mg
Lutein	10mg	4mg – 20mg
Zeaxanthin	2mg	1mg – 2mg
Zinc oxide	25mg – 80mg	15mg – 70mg
Copper / cupric oxide	2mg	1mg – 2mg

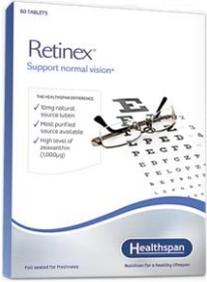
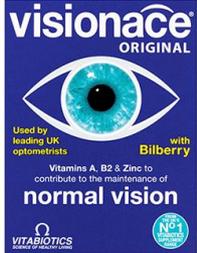
Prescribing of oral anti-oxidant vitamin supplements is a low clinical priority due to the lack of evidence of any benefit and ability to obtain sufficient quantities in a healthy balanced diet.

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
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PATIENT INFORMATION – PRODUCTS AVAILABLE FOR SELF PURCHASE

PRODUCT	RETAILERS	PACK SIZE & GUIDE PRICE (APRIL 2017)	PICTURE
Icaps <u>Dose:</u> One tablet daily	Boots	30 - £13.49	
	Amazon	30 - £11.73	
	Vision Direct www.visiondirect.co.uk	30 - £15.99	
MacuShield <u>Dose:</u> One capsule daily	Boots	30 - £18.99 90 - £44.99	
	Amazon	90 - £26.71	
	Lenstore www.lenstore.co.uk	90 - £22.00	
MacuShield Gold <u>Dose:</u> One capsule 3 times a day <i>N.B. 90 pack is 1 month supply</i>	Boots	90 - £29.99	
	Amazon	90 - £25.00	
	Lenstore www.lenstore.co.uk	90 - £22.00	
Ocuvite Lutein <u>Dose:</u> One capsule daily	Boots	30 - £11.99	
	Amazon	30 - £7.49	
	Vision Direct www.visiondirect.co.uk	30 - £9.99	
Ocuvite Complete <u>Dose:</u> Two capsules daily <i>N.B. 60 pack is 1 month supply</i>	Boots	60 - £16.49	
	Amazon	60 - £13.66	
	Vision Direct www.visiondirect.co.uk	60 - £17.99	
PreserVision Lutein <u>Dose:</u> One capsule 2 times a day <i>N.B. 60 pack is 1 month supply</i>	Amazon	60 - £14.95	
	Vision Direct www.visiondirect.co.uk	60 - £16.99	
Viteyes 2 <u>Dose:</u> One capsule 2 times a day <i>N.B. 180 pack is 3 months supply</i>	Amazon	180 - £55	

<p>Retinex</p> <p><u>Dose:</u> One to two tablet daily</p> <p><i>N.B. 60 pack is 1-2 months supply</i></p>	<p>Healthspan www.healthspan.co.uk</p>	<p>60 - £12.95</p>	
<p>Retinex Max</p> <p><u>Dose:</u> One capsule daily</p>	<p>Healthspan www.healthspan.co.uk</p>	<p>60 - £19.45</p>	
<p>Select Healthy Lutein 10mg</p> <p><u>Dose:</u> One tablet daily</p>	<p>Select Healthy www.selecthealthy.com</p>	<p>90 - £9.49 180 - £14.99</p>	
	<p>Amazon</p>	<p>90 - £10.99 180 - £17.49</p>	
<p>Vitabiotics Ultra Bilberry, Lutein, Zeaxanthin</p> <p><u>Dose:</u> One tablet daily</p>	<p>Boots</p>	<p>30 - £8.99</p>	
	<p>Superdrug</p>	<p>30 - £7.29</p>	
	<p>Amazon</p>	<p>30 - £6.35</p>	
<p>Vitabiotics Visionace Original</p> <p><u>Dose:</u> One tablet daily</p>	<p>Boots</p>	<p>30 - £7.39</p>	
	<p>Superdrug</p>	<p>30 - £7.29</p>	
	<p>Holland & Barrett</p>	<p>30 - £7.65</p>	
	<p>Amazon</p>	<p>30 - £5.49</p>	
<p>Lifeplan Lutein Capsules 15mg</p> <p><u>Dose:</u> One capsule daily</p>	<p>Amazon</p>	<p>60 - £12.69</p>	
	<p>Lifeplan www.lifeplan.co.uk</p>	<p>30 - £7.69 60 - £12.39</p>	
<p>MacuLEH</p> <p><u>Dose:</u> One capsule 3 times a day</p> <p><i>N.B. 90 pack is 1 month supply</i></p>	<p>London Eye Hospital Pharma www.londoneyehospitalpharma.com</p>	<p>90 - £29.99</p>	