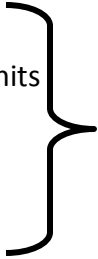




Macular Degeneration Patients Recommendations-AREDS 2 Formula Daily Amounts

602-242-4928

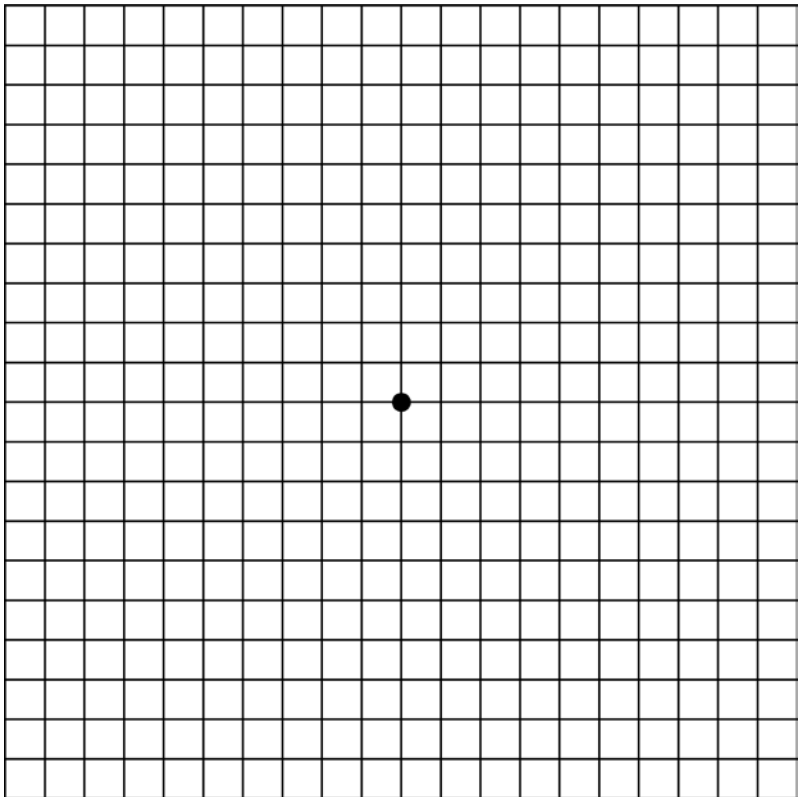
Vitamin C	500 milligrams
Vitamin E	400 International Units
Zinc	25 milligrams
Cupric Oxide	2 milligrams
Lutein	10 milligrams
Zeaxanthin	2 milligrams



Available as:
Bausch & Lomb PreserVision with Lutein
 (2 a day) or
US Retina AREDS 2 Formula
 (2 a day)-available at the front desk

Beta Carotene is **NOT** recommended.

Amsler Grid



- Test each eye separately-Cover the eye that you are not testing.
- Keep the grid at a normal reading distance-about 14 inches away.
- Look directly at the dot in the center of the grid.
- If you normally wear glasses, do so while looking at the grid.

If you notice blurry or wavy lines, and dark or blank spots, call our office immediately.