

## Age Related Macular Degeneration Vitamins: What Is In a Good Eye Vitamin?

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Friday, 05 March 2010  
Last Updated Friday, 05 March 2010

The long term effects on central vision associated with age related macular degeneration has spurred an enormous amount of research. Everything from drugs that are injected into the eye to radiation, lasers, and surgery have come in up study as a means of stopping or slowing the progression of the condition. One area of research that has shown promise in slowing the progression of macular degeneration from an intermediate to an advanced state is antioxidant supplementation. As strange as it may sound, macular degeneration treatment the AREDS (Age Related Eye Disease Study) concluded that high levels of antioxidant vitamins and minerals could actually slow the degeneration of vision in those suffering from age related macular degeneration.

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