



Date of original recommendation: 26th July 2011

Date Re-reviewed: 24th January 2014

Vitamin and Mineral Supplements
for Age-Related Macular Degeneration

The New Therapies Subgroup discussed the above at a meeting on the 26th July 2011 and 24th January 2014. The recommendation of this subgroup is as follows:*

The New Therapies Subgroup of the GMMMG considered the use of multivitamin and mineral preparations for the management of age-related macular degeneration (AMD).

The group does not recommend the use of multivitamin and/or mineral preparations ('supplements') for the management of age-related macular degeneration.

The group was concerned about:

- The lack of robust efficacy data
- The lack of robust safety data
- The absence of a reliable source of a formulation equivalent to that used in the pivotal AREDS study
- The absence of a licensed nutritional supplement for the prevention of AMD

The products marketed in the UK for the promotion of 'ocular health' generally contain doses that are significantly higher than the recommended daily allowances and the safety profile when used long term is unknown.

The group is aware that this recommendation may not be in agreement with guidance issued by the Royal College of Ophthalmologists.

Review Date July 2018

* Unless superseded by NICE guidance or substantial and significant new evidence becomes available.

▼ Newly marketed drugs and vaccines are intensively monitored for a minimum of two years, in order to confirm the risk / benefit profile of the product. Healthcare professionals are encouraged to report all suspected adverse drug reactions.