



Prescribing Policy for Supply of Lutein and Oral Antioxidant Vitamins on FP10

North East Essex CCG does not support the supply of lutein and oral antioxidant vitamins supplements on FP10 for the prevention of Age Related Macular Degeneration (AMD) nor any other indication.

The prescribing of lutein (carotenoids) and oral anti-oxidant (vitamins A, C and E) vitamin supplements is of low clinical priority due to the lack of evidence of any benefit and ability to obtain sufficient quantities in a healthy balanced diet. These products are not licensed medicines and are classed as food supplements.

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](#)

Recommendations

- Review all patients on lutein and antioxidant vitamins and discontinue prescribing on FP10.
- Do not initiate new prescriptions.
- Recommend eating a healthy, well balanced diet including oily fish, fruits and vegetables. There are fruits and vegetables of various colours that supply vitamins, lutein and zeaxanthin.
- Supplementation, if desired, should be obtained by self-purchase.
- Stopping smoking advice
- Lutein and antioxidant vitamins are not suitable for some groups of patients, i.e. beta carotene has been found to increase the risk of lung cancer in smokers.
- Advise patients to protect their eyes by wearing lenses that block UV, or a hat with a brim or visor.
- Advise patients at risk of AMD to have annual eye checks.

Do Not Prescribe

- Occuvite Complete Capsules®
- Preservision Original®
- Preservision Lutein capsules®
- Viteyes Original Formula Plus Lutein®
- Viteyes Original®
- Icaps®
- Visionace Plus®
- Visionace Original®
- MacuShield®

This list is not conclusive and similar substances are not recommended

Reference

- Macular Society, Available at: <https://www.macularsociety.org>
- Lutein and antioxidant vitamins for prevention of age-related macular degeneration (AMD) (DROP-List), Available at: <https://www.prescgipp.info/resources/send/133-lutein-and-antioxidant-vitamins/1706-bulletin-86-lutein-and-antioxidant-vitamins-drop-list>