

Comparative Formulas for Eye Health

ACTIVE NUTRIENT	AREDS2	WAFAC STUDY	PROPOSED AREDS3	EYE-FOLATE®
CLASSIFICATION	DIETARY SUPPLEMENT	DIETARY SUPPLEMENT	TBD	DIETARY SUPPLEMENT
YEAR CREATED	2006	2009	2023	2013
DAILY DOSAGE				3 CAPSULES PER DAY
Vitamin C	500 mg		500 mg	135 mg
Vitamin D ₃			4000 + IU 100 mcg+	112.5 mcg (4500 IU)
Vitamin E	400 IU synthetic dl-a tocopherol		15 mg natural alpha tocopherol	
B ₁ Thiamin			3.0 mg	3.0 mg
B ₂ Riboflavin			30 mg	30 mg
B ₃ Niacin			40 mg + Niacinamide	45 mg Niacinamide
B ₅ Pantothenic Acid				15 mg
B ₆ P5P		50 mg Pyridoxine	6 mg Active B6 as P5P	6 mg Pyrodoxal 5 Phosphate
B ₇ Biotin				300 mg
B ₉ Folate		2.5 mg Folic Acid	2.5 mg + L-Methylfolate	3.0 mg L-Methylfolate
B ₁₂ Cobalamin		1 mg Cyanocobalamin	1 mg + Methylcobalamin	1.5 mg Methylcobalamin
Copper as Cupric Oxide	2 mg		2 mg	2 mg
Zinc as Zinc Oxide	80 mg		80 mg	75 mg
Selenium				60 mcg L-selenomethionine
Lutein as Floraglo®	10 mg		10 mg	10 mg
Zeaxanthin as Optisharp®	2 mg		2 mg	750 mcg
Astaxanthin				150 mcg
Alpha Lipoic Acid				540 mg
N-Acetyl-Cysteine				

* Ingredient list from Eyefolate® and are taken from the product label. Daily amounts shown are for 3 capsules daily.

** natural d-a tocopherol

■ Green is the active form of the vitamin

■ Red is the inactive precursor form of the vitamin

Wang J, Brown C, Shi C, et al. Improving diabetic and hypertensive retinopathy with a medical food containing L-methylfolate: a preliminary report. *Eye Vis (Lond)*. 2019;6:21. Published 2019 Jul 22. doi:10.1186/s40662-019-0147-0

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