

Zinc Protects Your Eyesight

(NAPSA)—Zinc, used to protect steel from corrosion, can also protect eyesight. A recent nationwide clinical trial, sponsored by the National Eye Institute (part of the National Institutes of Health) concludes that high levels of zinc and antioxidants in the diet significantly reduced the risk of advanced age-related macular degeneration (AMD) and its associated vision loss.



Scientists found that people at high risk of developing advanced stages of AMD, a leading cause of vision loss in the elderly, lowered their risk by about 25 percent when treated with a high-dose combination of zinc, vitamin C, vitamin E, and beta-carotene. People who are at high risk are those with intermediate AMD in one or both eyes, or those with advanced AMD in one eye.

For those at high risk for developing advanced AMD, this combination of zinc and antioxidants is the first effective treatment to slow progression of the disease.

For more information on zinc, or on this study, visit the American Zinc Association's Web page at www.zinc.org.