		Company	Vitamin A	Beta -Carotene	Vitamin C	Vitamin E	Zinc	Copper	EPA	DHA	Zeaxanthin	Lutein		Vitamin A & Beta-Carotene Mix	D3	D	Omega 3	B Complex	Alpha Lipoic Acid	B2	Selenium	Resveratrol/polyphenols/IP-6	meso-zeaxanthin
	AREDS I		25,000 IU	15 mg	500 mg	400 IU	80 mg	2 mg															
	AREDS II		15 mg		500 mg	400 IU	80 mg	2 mg	650 mg	350 mg	2 mg	10 mg											
1	Macular Protection Plus	Ocumetics (Canada)	2,000 IU palmitate		200 mg	200 IU	20 mg	1 mg	250 mg	250 mg	10 mg	500mcg	1		420 IU						50 mcg		
2	BioSyntrx Macula Complete	BioSyntx			500 mg	300 IU	40 mg	2 mg			4 mg	12 mg	2	3,715 IU		600 IU							
3	Centrum Silver with Lutien	Whitehall Labs			60 mg	50 IU	11 mg	0.5 mg				.025 mg	3	2,500 IU		500 IU							
4	EyePromise Restore	Zeavision			120 mg	60 IU	15 mg		100 mg	75 mg	8 mg	4 mg	4			1,000 IU	190 mg						
5	Fortifeye Complete	Fortify Vitamins			750 mg	45 IU	40.5 mg	2 mg	430 mg	290 mg	4.725 mg	22.5 mg	5			1,500 IU	800 mg	yes	199.5 mg				
	Macular Defense																						
6	ICAPS AREDS	Alcon		28,640 IU	452 mg	400 IU	69.6 mg	1.6 mg					6										
7	ICAPS Lutien & Omega 3	Alcon	600 mcg retinol		45 mg	10 IU	7 mg	0.9 mg			2 mg	10 mg	7				280 mg	yes					
8	ICAPS Lutien & Zeaxanthin	Alcon		6,600 IU	400 mg	150 mg	60 mg	4 mg			2 mg?	2 mg?	8							yes			
9	ICAPS MV Multivitamin				512 mg	430 IU	84.6 mg	3.6 mg			3.3 mg	6.6 mg	9			400 IU		yes					
10	Longevinex	Longevinex											10			1200 IU						365 mg	
11	Macuhealth with LMZ	MacHealth/MARCO									2 mg	10 mg	11										10 mg
12	Macular Support Formula	Pure Encapsulations			900 mg						1 mg	6 mg	12	25,000 IU									
13	MacularProtect Plus	Sciencebased Health			1,000 mg	400 IU	80 mg	2 mg			1 mg	15 mg	13	5,000 IU									
14	MaxVision Eye Formula	Medop Inc.			500 mg	400 IU	25 mg	2 mg			2 mg	10 mg	14			600 IU							
15	MaxVision Macular Formula	Medop Inc.			452 mg	400 IU	69.6 mg	1.6 mg			2 mg	10 mg	15										looks like ICAPS AREDS
16	MaxVision Whole Body F	Medop Inc.	2,500 IU palmitate		500 mg	400 IU	30 mg	1.6 mg			4 mg	20 mg	16		1,200 IU			yes	40 mg	10 mg	70 mcg	5 mg	
17	OcuGuard Plus with	Twinlab			1,500 mg	400 IU	25 mg				0.8 mg	20 mg	17	5,000 IU									
	Lutien Zeaxanthin & Vit D3																						
18	OcuPower Advanced	Nutraceutical Sciences			1,500 mg	500 IU	25 mg	1 mg			0.5 mg	10 mg	18	17,500 IU		400 IU		yes					
		Institute																					
9	Ocuvite Adult 50+	B&L			150 mg	30 IU	9 mg	1 mg	160 mg	90 mg	1 mg	5 mg	9				250 mg						
20	Ocuvite Lutien	B&L			60 mg	30 IU	15 mg	2 mg				6 mg	20										
21	Optim 3 Premier Formula	HI-Health		20,000 IU	1,200 mg	400 IU	60 mg	8 mg			0.5 mg	10 mg	21							yes			
22	For Ocular Nitrition												22										
23	Preservision AREDS 2	B&L		28,640 IU	452 mg	400 IU	69.6 mg	1.6 mg	650 mg	350 mg	2 mg	10 mg	23				1,000 mg						looks like ICAPS
24	Preservision Lutien	B&L			452 mg	400 IU	69.6 mg	1.6 mg				10 mg	24										looks like ICAPS
25	Tozal	Atlantic Medical			452 mg	200 IU	69 mg	1.6 mg			2 mg	10 mg	25	28,640 IU		800 IU	600 mg						
26	Ultimate DHA Eye	Nordic Naturals				30 IU			158 mg	788 mg	4 mg	20 mg	26				1015 mg						
27	VisiVite Premier Ocular	Vitamin Science Inc			500 mg	400 IU	80 mg	2 mg	650 mg	350 mg	2 mg	10 mg	27				1228 mg						
28	VisiEyes Essentials with	Vitamin Health Inc									4.75 mg	15 mg	28										looks like MacuHealth
	Lutien & Zeaxanthin																						
29	Vitalux AREDS	Novartis		12,500 IU	250 mg	200 IU	40 mg	1 mg				3 mg	29										
30	Vitalux - S	Novartis			250 mg	200 IU	40 mg	1 mg				3 mg	30										
31	Vitalux TR	Novartis		10,000 IU	300 mg	100 IU	40 mg	2 mg				4 mg	31							20 mg	50 mcg		

Source	Review of Cornea & CL, Nov 2011	
Notes:	100 IU = 1 mg	vitamin B3 / niacin is toxic above 3000 mg
	vitamin A palmitate is the best form of vitamin A	vitamin B6 / pyridoxine is toxic to CNS above 500 mg/day
	vitamin A palmitate is toxic to the lver above 21,600 IU	omega 3 tyrglyceride is the only omega 3 of any value to you
	80 mg of zinc is toxic to the retina and kidneys	
	copper helps absorb zinc	
	selenium reduces zinc and copper toxicity	
	beta carotene reduces absorption of luiten and zeaxanthin	
	beta carotene promotes lung cancer in smokers	
	vitamin D is toxic above 2,000 IU	
	zinc icreases serum lipids above 60mg/day	
	selenium is toxic to the liver and CNS above 910 mg / day	