

Policy Statement; Prescribing of Lutein and oral antioxidant vitamin supplements is not supported

Mid Essex Clinical Commissioning Group does not support the prescribing of lutein and other oral anti-oxidant vitamin supplements for the prevention of Age Related Macular Degeneration nor any other indication

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:

<https://www.macularsociety.org/sites/default/files/downloads/Macular%20Society%20Nutrition%20and%20Eye%20Health%20March%202016.pdf>

Across Mid Essex, practice will not be prescribing this treatment and any patients already receiving this on prescription should be advised that this will stop.

We do not expect people to notice any difference when their prescription is stopped.

We recommend patients take the following measures to reduce the risks of worsening AMD:

- Eat a healthy diet including oily fish and rich in fruits and green, leafy vegetables.
- Maintain a healthy weight.
- Stop smoking.
- Protect their eyes by wearing lenses that block UV, or a hat with a brim or visor.
- Have annual eye checks.

Should patients wish to continue taking supplements they can be purchased over the counter from pharmacies and health food shops. Refer to the table overleaf for information on the types of products this relates to and where patients can purchase them.

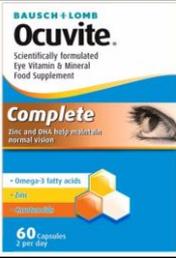
Prescribing of oral anti-oxidant vitamin supplements is a low clinical priority due to the lack of evidence of any benefit and ability to obtain sufficient quantities in a healthy balanced diet.

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

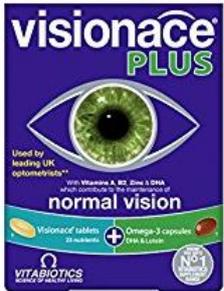
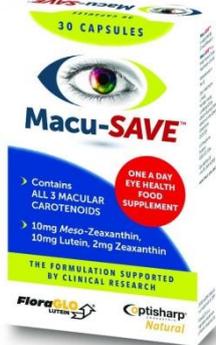
See Mid-Essex CCG website – Medicines Optimisation page for all prescribing guidance.

<http://midessexccg.nhs.uk/your-health-services/medicines-optimisation>

Table of lutein and other oral anti-oxidant vitamin supplements (This is not an exhaustive list, other products and brands may be available)

PRODUCT	RETAILERS	PACK SIZE & GUIDE PRICE (June 2017)	PICTURE
Icaps Dose: One tablet daily (Lactose free, contains sucrose)	Boots	30 - £13.49	
	Amazon	30 - £11.73	
	Vision Direct www.visiondirect.co.uk	30 - £15.99	
Lifeplan Lutein Capsules 15mg Dose: One capsule daily	Amazon	60 - £12.69	
	Lifeplan www.lifeplan.co.uk	30 - £7.69 60 - £12.39	
MacuShield Dose: One capsule daily (Sucrose free, suitable for vegetarians)	Boots	30 - £18.99 90 - £44.99	
	Amazon	90 - £25.99	
	Lenstore www.lenstore.co.uk	30 - £13.95 90 - £43.60	
MacuShield Gold Dose: One capsule 3 times a day N.B. 90 pack is 1 month supply	Boots	90 - £29.99	
	Amazon	90 - £19.64	
	Lenstore www.lenstore.co.uk	90 - £22.00	
Ocuvite Lutein Dose: One capsule daily	Boots	30 - £11.99	
	Amazon	30 - £7.27	
	Vision Direct www.visiondirect.co.uk	30 - £9.99	
Ocuvite Complete Dose: Two capsules daily N.B. 60 pack is 1 month supply	Boots	60 - £16.49	
	Amazon	60 - £11.97	
	Vision Direct www.visiondirect.co.uk	60 - £17.99	

PRODUCT	RETAILERS	PACK SIZE & GUIDE PRICE (June 2017)	PICTURE
PreserVision Lutein <u>Dose:</u> One capsule 2 times a day <i>N.B. 60 pack is 1 month supply</i>	Amazon	60 - £12.74	
	Vision Direct www.visiondirect.co.uk	60 - £16.99	
PreserVision <u>Dose:</u> Two tablets two times a day	Amazon	120 - £16.70	
	Vision Direct www.visiondirect.co.uk	120 - £17.99	
Retinex <u>Dose:</u> One to two tablet daily <i>N.B. 60 pack is 1-2 months supply</i> (Gelatin free, suitable for vegetarians and vegans)	Healthspan www.healthspan.co.uk	60 - £12.95	
Retinex Max <u>Dose:</u> One capsule daily (Gelatin free, suitable for vegetarians and vegans)	Healthspan www.healthspan.co.uk	60 - £19.45	
Select Healthy Lutein 10mg <u>Dose:</u> One tablet daily (suitable for vegetarians and vegans)	Select Healthy www.selecthealthy.com	90 - £10.99 180 - £17.99	
	Amazon	90 - £10.99 180 - £17.49	

PRODUCT	RETAILERS	PACK SIZE & GUIDE PRICE (June 2017)	PICTURE
Vitabiotics Ultra Bilberry, Lutein, Zeaxanthin <u>Dose:</u> One tablet daily (Lactose free, Gluten free, suitable for vegetarians)	Boots	30 - £9.99	
	Amazon	30 - £5.48	
Vitabiotics Visionace Original <u>Dose:</u> One tablet daily (Lactose free, Gluten free, Gelatin free, suitable for vegetarians)	Boots	30 - £7.39	
	Holland & Barrett	30 - £7.65	
	Amazon	30 - £5.49	
Visionace Plus <u>Dose:</u> One tablet (aqua) and One capsule (pink) daily (Lactose free, Gluten free)	Amazon	56 - £9.90	
	Boots	56 - £15.99	
	Holland and Barrett	56 - £15.99	
MacuLEH <u>Dose:</u> One capsule 3 times a day <i>N.B. 90 pack is 1 month supply</i> (suitable for vegetarians and vegans)	London Eye Hospital Pharma www.londoneyehospitalpharma.com	90 - £29.99	
Macu-SAVE <u>Dose:</u> One Capsule daily	Amazon	30 - £6.55 90 - £19.95	
	Macu-SAVE www.macu-save.vision	30 - £12.99 90 - £29.99	



Title	Lutein and oral antioxidant supplements prescribing policy statement
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Previous version	Key Changes
N/A	New policy
October 2016	Updated to include table of products available for purchase