

**South East London Area Prescribing Committee  
Lutein and Antioxidants – Position Statement, August 2018**

<b>Reference:</b>	<b>PS-007</b>
<b>Intervention:</b>	<p><b>Lutein and Antioxidants for Age Related Macular Degeneration</b></p> <p>Examples of multivitamin and mineral preparations marketed for eye health or for prevention of Age Related Macular Degeneration include Icaps®, Viteyes Original®, Viteyes Original Formula Plus Lutein®, Occuvite Complete capsules®, Preservision Original® and Preservision Lutein capsules®.</p> <p>Many other food supplement preparations for eye health are available.</p>
<b>Date of Decision:</b>	<b>July 2018</b>
<b>Date of Issue:</b>	<b>August 2018</b>
<b>Recommendation:</b>	<p><b>GREY - not recommended for prescribing in South East London</b></p> <ul style="list-style-type: none"> <li>• Lutein and antioxidant supplements are non-formulary in South-East London</li> <li>• Prescribers should <u>not</u> initiate lutein or antioxidants for any new patients</li> <li>• Patients established on lutein or antioxidants should be reviewed with a view to having these supplements stopped.</li> </ul>
<b>Further Information:</b>	<ul style="list-style-type: none"> <li>• Lutein and antioxidants are supplements which are sometimes recommended for Age Related Macular Degeneration</li> <li>• These are <b>not licensed medicines</b>; they are available as supplements</li> <li>• Two Cochrane Reviews were identified by NHS England: one concludes that there is accumulating evidence that vitamin E or beta-carotene supplements will not prevent/delay onset of AMD; there is no evidence for other antioxidants (e.g. lutein, vitamin C). The second Cochrane Review concludes people with AMD may experience delay in progression of disease, through these findings are drawn from one large trial in a well-nourished American population</li> <li>• PresQipp has produced a <a href="#">summary of evidence</a> of lutein and antioxidant supplements for prevention of AMD and has concluded that all prescriptions should be discontinued, and patients recommended maintaining a healthy and balanced diet. If patients wish to purchase these over the counter, they can but should be reminded that they are food supplements and not licensed medicines.</li> <li>• A patient information leaflet explaining why lutein and antioxidant supplements will no longer be prescribed on the NHS can be accessed via: <a href="https://www.presqipp.info/resources/category/414-items-which-should-not-routinely-be-prescribed-in-primary-care-patient-leaflets">https://www.presqipp.info/resources/category/414-items-which-should-not-routinely-be-prescribed-in-primary-care-patient-leaflets</a></li> </ul>
<b>Cost Impact for agreed patient group</b>	Across six CCGs in South East London spend for lutein and antioxidants from April 2017 to March 2018 was £6,969
<b>Usage Monitoring &amp; Impact Assessment</b>	Trusts – monitor non-formulary requests
	CCGs - monitor impact data and exception reports from GPs if inappropriate requests to prescribe are made to primary care

<b>Evidence reviewed:</b>	<ol style="list-style-type: none"> <li>1. Items which should not routinely be prescribed in primary care: Guidance for CCGs, NHS Clinical Commissioners and NHS England:  <a href="https://www.england.nhs.uk/wp-content/uploads/2017/07/Items-not-routinely-prescribed-in-primary-care.pdf">https://www.england.nhs.uk/wp-content/uploads/2017/07/Items-not-routinely-prescribed-in-primary-care.pdf</a> last accessed: 27/07/2018</li> <li>2. PrescQIPP: Antioxidant vitamins for AMD. Available at:  <a href="https://www.prescgipp.info/b206-antioxidant-vitamins-for-amd/category/417-antioxidant-vitamins-for-amd">https://www.prescgipp.info/b206-antioxidant-vitamins-for-amd/category/417-antioxidant-vitamins-for-amd</a> Last accessed: 31/07/2018</li> </ol>
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**NOTES:**

- a) Area Prescribing Committee recommendations, position statements and minutes are available publicly via the [APC website](#).
- b) This Area Prescribing Committee position statement has been made on the cost effectiveness, patient outcome and safety data available at the time. The position statement will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued
- c) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS.**