

Lutein and antioxidants Position Statement

Lutein and antioxidant supplements are non-formulary in North Central London. The evidence for these has not been reviewed at any formulary committee in North Central London.

Prescribers should not initiate lutein or antioxidants for any new patients.

Patients established on lutein or antioxidants should be reviewed with a view to having these supplements stopped.

NHS England category: Item of low clinical effectiveness, where there is a lack of robust evidence of clinical effectiveness or there are significant safety concerns.

- Lutein and antioxidants are supplements which are sometimes recommended for Age Related Macular Degeneration
- These are not licensed medicines; they are available as supplements
- 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, though these findings are drawn from one large trial in a well-nourished American population.
- PrescQIPP has produced a summary of the evidence of lutein and antioxidant supplements for prevention of AMD and has concluded that all prescriptions should be discontinued, and patients recommended to maintain 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 [\[link\]](#) *
- PrescQIPP has made available a patient information leaflet explaining why lutein and antioxidant supplements will no longer be prescribed [\[link\]](#) *

* PrescQIPP documents are available to organisations that subscribe to their service.

Groups / Individuals who have overseen the development of this guidance:	Joint Formulary Support
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