

National Eye Institute Recommended Formula:

Nutrient	Amount (per day)	Percent Daily Value*
Vitamin C	500 mg	840%
Vitamin E	400 IU	1340%
Zinc	80 mg	540%
Copper	2 mg	100%
Lutein	10 mg	**
Zeaxanthin	2 mg	**

*Percent Daily Values (DV) based on a 2,000-calorie diet

**Daily Value (DV) not established

Speak with your doctor to determine if the updated AREDS 2 formula is right for you.