

## Information about the use of various supplements

### [Recovery of visual function in a patient with birdshot chorioretinitis](#)

F M Dolan, M Gavin, S Parks, and D Keating. UK. This paper describes a patient's improved visual acuity after stopping conventional IMT (cyclosporine, tacrolimus, azathioprine, and mycophenolate) because the side effects were intolerable and beginning self administered anti oxidant therapy.

### [The Relation of Macular Pigment Optical Density and Plasma Levels of Lutein and Zeaxanthin to their Dietary or Supplementary Intake .](#)

Schalch W. Europe. 2005. Scroll down to page 210.

Lutein and Zeaxanthin accumulate in the macula (the part of the eye that gives us central vision) and in order for our blood to get them there, we have to eat fruits and vegetables containing them. The authors state that the presence of Lutein and Zeaxanthin is measurable in the eye, and the blood, but that supplementation, either through diet or pills, gives variable results. They suggest that some people may be non responders to supplementation or that the accumulation may be happening in the area around the fovea, rather than the fovea itself.

[This link](#) at 'My vision.com', tells us that supplementing our diet with lutein and zeaxanthin for six months provides at least nine months further benefit after stopping supplementation. You may need to register with this site (free) in order to access the archive.