

Vitamins, carotenoids associated with lower risk for cataract

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(HealthDay)—Higher consumption of certain vitamins and carotenoids

is associated with a significantly decreased risk for age-related cataract (ARC) in cohort studies, according to a meta-analysis published in the January issue of *The American Journal of Clinical Nutrition*.

Hong Jiang, from Xi'an Jiaotong University Health Science Center in China, and colleagues conducted a [meta-analysis](#) of randomized controlled trials (RCTs) and cohort studies published through June 2018 to assess dietary [vitamin](#) and carotenoid intake and ARC risk. The authors included eight RCTs and 12 cohort studies in the analysis.

The researchers found that most vitamins and carotenoids were significantly associated with a reduced risk for ARC in the cohort studies, including vitamin A (relative risk [RR], 0.81), vitamin C (RR, 0.8), vitamin E (RR, 0.9), β -carotene (RR, 0.9), and lutein or zeaxanthin (RR, 0.81). In RCTs, compared with placebo, vitamin E or β -carotene did not significantly reduce the risk for ARC. In cohort studies, the risk for ARC significantly decreased by 26 percent for every 10-mg/d increase in lutein or zeaxanthin intake, as well as by 18 percent for each 500-mg/d increase in vitamin C intake, by 8 percent for each 5-mg/d increase in β -carotene intake, and by 6 percent for every 5-mg/d increase in vitamin A intake.

"If we could delay the onset of ARC by 10 years, it could halve the number of people requiring surgery," a coauthor said in a statement.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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