

## Glaucoma Supplements

Although more research is needed, the following supplements may be beneficial adjuncts to conventional glaucoma treatment. Some combination glaucoma formulas with multiple herbs and nutrients, such as Glauco-Health ([glaucohealth.com](http://glaucohealth.com)) and iFolia ([oneearthherbs.squarespace.com](http://oneearthherbs.squarespace.com)) also are available.

| Supplement                                                                                           | Benefits Seen in Human Trials                                                                                                                                                        | Dose                                                                             |
|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>Black Currant Anthocyanins</b>                                                                    | <ul style="list-style-type: none"><li>• Lowered intraocular pressure (IOP)</li><li>• Slowed visual field deterioration</li><li>• Increased ocular blood flow<sup>1-3</sup></li></ul> | 50 mg daily                                                                      |
| <b>Citicoline</b>                                                                                    | <ul style="list-style-type: none"><li>• Slowed visual field deterioration<sup>4,5</sup></li></ul>                                                                                    | 500 to 1,000 mg daily                                                            |
| <b>Forskolin</b>                                                                                     | <ul style="list-style-type: none"><li>• Lowered IOP (decreased aqueous humor inflow)<sup>6-8</sup></li></ul>                                                                         | 15 mg forskolin (150 mg of 10% <i>Coleus forskohlii</i> extract) twice daily*    |
| <b>Ginkgo Biloba Extract</b>                                                                         | <ul style="list-style-type: none"><li>• Increased ocular blood flow</li><li>• Improved visual field<sup>9</sup></li></ul>                                                            | 120 to 160 mg daily*                                                             |
| <b>Magnesium</b>                                                                                     | <ul style="list-style-type: none"><li>• Improved visual field<sup>10</sup></li></ul>                                                                                                 | 300 mg daily                                                                     |
| <b>Mirtogenol</b><br>(Extracts of bilberry [Mirtoselect] and French maritime pine bark [Pycnogenol]) | <ul style="list-style-type: none"><li>• Lowered IOP</li><li>• Stabilized or improved visual field</li><li>• Improved ocular blood flow<sup>11,12</sup></li></ul>                     | 120 mg Mirtogenol (80 mg Mirtoselect and 40 mg Pycnogenol) once or twice daily** |
| <b>Palmitoylethanolamide</b>                                                                         | <ul style="list-style-type: none"><li>• Lowered IOP</li><li>• Improved visual field<sup>13-15</sup></li></ul>                                                                        | 300 mg twice daily                                                               |

\* Avoid if taking prescription blood thinner or daily aspirin.

\*\* May lower blood glucose; use with caution if taking diabetes medications.

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