

RETINITIS PIGMENTOSA

1. Patients with retinitis pigmentosa appear to have faulty cellular uptake of the amino acid taurine. Disturbed utilization of vitamin A also appears to play a part in retinitis pigmentosa, and a subgroup of patients benefit from supplementation of this vitamin.
2. The essential fatty acids alpha-linolenic acid and DHA may be required for those with retinitis pigmentosa to support normal functional development of the retina.
3. A diet high in polyunsaturated fats , and low in vitamin E, selenium, sulfur-containing amino acids (e.g. taurine, methionine), and chromium were related to a build up of pigment which mimics one type of retinitis pigmentosa.
4. Lutein supplementation in high doses improved both visual acuities and visual fields after 2-4 weeks of treatment in 16 subjects, and was especially effective in blue eyed individuals.
5. Vitamin B3 may be a potential therapeutic agent for the treatment of retinal degeneration, including retinitis pigmentosa.
6. Anthocyanins from sources such as bilberry extract have been shown to reduce retinal pigment death.