**This letter is for you to adapt for your area.**

**Ensure that the content reflects local guidance before using.**

**Customise the text highlighted in yellow so that the information is relevant and appropriate.**

Insert practice header or print to practice headed paper, or type address details below.

[Practice name]

[Address]

[Tel]

[Email]

[Date]

[Title\_Initial\_Surname]

[Address of specialist]

Dear [Title] [Surname],

Re patient: [Patient name, NHS number, DOB]

The practice has been prescribing antioxidant supplements for age-related macular degeneration at your request:

[Name of supplement prescribed]

[Name of ICB] have advised primary care prescribers not to initiate new patients on antioxidant supplements for eye health, and to discontinue prescribing where they have already been initiated. Antioxidant supplements for eye health are not approved for use in [Name of ICB] and the [Name of formulary] states that [add information from local formulary].[1]

NHS England guidance on items which should not be routinely prescribed in primary care includes lutein and antioxidants. They are classified as items of low clinical effectiveness, where there is a lack of robust evidence of clinical effectiveness or significant safety concerns. The guidance recommends that these supplements should not be initiated and that they should be deprescribed where they are currently prescribed.[2]

The practice will therefore not be issuing further prescriptions for antioxidant supplements for eye health and will be notifying patients to explain this change. Patients will be advised to purchase a suitable preparation if they wish to continue taking them.

Yours sincerely

Dr XXX and partners

References

1. [Name of local formulary and hyperlink]
2. NHS England. Items which should not routinely be prescribed in primary care: policy guidance. Published: 3 August 2023, last updated 30 August 2024. <https://www.england.nhs.uk/long-read/items-which-should-not-routinely-be-prescribed-in-primary-care-policy-guidance/>