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| **Author, Year** | **Comparison** | **Databases Searched, Date of Last Search** | **Number and Design of Studies** | **Interventions and Number of Patients** | **Methods for Rating Methodological Quality of Primary Studies** | **Methods for Synthesizing Results of Primary Studies** | **Results** | **Adverse Events** | **Quality** |
| Evans, 2012100 | Antioxidant vitamin or mineral supplement vs. placebo/no intervention | MEDLINE, EMBASE, CCRCT, AMED, OpenGrey, mRCT, ClinicalTrials.gov through August 2012 | 13 RCTszinc (5 trials), lutein (2 trials), vitamin E (1 trial), antioxidant combination (4 trials); multiple interventions (1 trial)  | A. Antioxidant vitamin or mineral supplementA1. Multivitamin or mineral supplementA2. ZincB. Placebo/no intervention n/N by treatment group not reported; total n=6,150 | Risk of bias assessment using criteria from Cochrane Handbook for Systematic Review Interventions (2011)  | For dichotomous outcomes, calculated RRs and standard error and converted reported ORs to RRs when possible. Random effects model used to assess SMD for continuous outcomes. If ≤3 trials, fixed effects model was used. | **A vs. B (SMD)**Visual acuity, loss of ≥3 lines (3 trials): OR 0.81 (95% CI 0.67 to 0.98)Mean visual acuity (4 trials): no meta- analysis; SMD range -0.80 to 0.14; CI significant for 1 study (SMD -0.80, 95% CI -1.27 to -0.32)Mean change in visual acuity (3 trials): no meta-analysis; SMD range -0.34 to 0.42; CI not significant for any trialAMD progression, dichotomous: no meta analysis; OR ranged from 0.50 to 2.31; CI not significant for any trial**A1 vs. B** Mean visual acuity (2 trials): SMD 0.00 (95% CI -0.45 to 0.45)Mean change in visual acuity (2 trials): SMD 0.34 (95% CI -0.10 to 0.79)AMD progression, continuous (2 trials): no meta-analysis conducted; results from individual trials found no significant differenceAMD progression, dichotomous (1 trial): adjusted OR (for ages, sex smoking and AMD category) 0.68 (95% CI 0.53 to 0.87)**A2 vs. B**Visual acuity, loss of ≥3 lines (2 trials): OR 0.81 (95% CI 0.66 to 0.99)Mean visual acuity (1 trial): SMD 0.15 (95 % CI -0.29 to 0.60)Mean change in visual acuity (1 trial): SMD -0.34 (95% CI -0.79 to 0.11)AMD progression, dichotomous (3 trials): OR 0.73 (95% CI 0.58 to 0.93) | No meta-analysis; narrative review suggested higher rates of withdrawals due to adverse events in participants taking zinc vs. placebo. Other harms not well reported.  | Good |

**Abbreviations:** AMD = age-related macular degeneration, CI = confidence interval, OR = odds ratio, RCT = randmized controlled trial, RR = risk ratio, SMD = standardized mean difference.