A paper published in 2003 by researchers at Brigham and Women's hospital, Harvard University and several other institutions reported a study in which a large group of healthy US male physicians were given beta carotene pills for 12 years.

The researchers found that they had the same rate of age-related cataracts as those given a placebo (Christen et al., 2003).

In 1998, researchers at Johns Hopikins and Nepal Eye Hospital Carrots are a source Carrots are a source Complex reported a of beta carotene. of vitamin A. study with 30.000 woman in South Asia Eating carrots at high risk of vitamin OPPOSE SUPPORT improves your deficiencies. Beta carotene eyesight. Taking SUPPORT SUPPORT They found that a group supplements vitamin A that received vitamin A will not strengthen can reduce supplements had a evesight the risk of lower risk of night or slow decline poor vision blindness than a group in healthy lin individuals that received a placebo. people. with a (Christian et al.,1998) vitamin deficiency.