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).

Carrots are a source of beta carotene.

Beta carotene supplements will not strengthen eyesight or slow decline in healthy people.

Eating carrots improves your eyesight.

Carrots are a source of vitamin A.

Taking vitamin A can reduce the risk of poor vision in individuals with a vitamin deficiency.

In 1998, researchers at Johns Hopikins and Nepal Eye Hospital Complex reported a study with 30,000 woman in South Asia at high risk of vitamin deficiencies. They found that a group that received vitamin A supplements had a lower risk of night blindness than a group that received a placebo. (Christian et al., 1998)