



N-ACETYL CARNOSINE FOR CATARACTS

“The evidence for the effectiveness of N-acetyl carnosine eye drops is based on experience on a small number of cases carried out by a Russian researcher team. To date, the research has not been corroborated and the results replicated by others. The long-term effect is unknown.

Unfortunately, the evidence to date does not support the 'promising potential' of this drug in cataract reversal. More robust data from well conducted clinical trials on adequate sample sizes will be required to support these claims of efficacy.

Furthermore, we do not feel the evidence base for the safety is in any way sufficient to recommend its use in the short term. More research is needed”.

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Vice President
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