

Nutrition Beyond Fish Oil for Dry Eye

By Paul M. Karpecki, OD, FAAO ScienceBased Health's HydroEye combines GLA with EPA/DHA and other nutrients essential for dry eye patients.

Although fish oils (EPA/DHA) are often viewed as the cornerstone of dry eye nutrition, research shows there are beneficial nutrients that go beyond fish oil. ScienceBased Health's HydroEye® delivers the right blend of these ingredients to provide dry eye relief.

FISH OIL

The key essential fatty acids of fish oil are known as EPA and DHA, which stands for eicosapentaenoic acid and docosahexaenoic acid. These are

COMMENTS FROM THE DOCS

"HydroEye...provides the key anti-inflammatory omega fat GLA (not found in fish or flaxseed oil). My patients have had tremendous success with HydroEye improving their dry eye symptoms and comfort level."

—Kenneth Daniels, OD FAAO, Diplomat ABO, Adjunct Assistant Clinical Professor, Pennsylvania College of Optometry (PCO)

"I cannot tell you the number of people I've recommended HydroEye to and how many have told me how much it has helped their dry eyes."

—Michael L. Friedberg, OD, Private Practitioner, Sugar Land, TX; President, Optometric Professional Network

omega-3 fatty acids that are found in cold-water fish and being highly unsaturated, they play a major role in health and body function including the treatment of dry eye disease and control of inflammation. Fish oil is a fundamental component of HydroEye nutrition. The fact that it is USP certified fish oil also gives your patients the reassurance of the product's quality.

KEY NUTRIENTS

Numerous research studies show other nutritional products can greatly benefit your dry eye patients. One in particular is an essential fatty acid known as gamma-linolenic acid (GLA). The GLA in HydroEye comes from black currant seed oil, which also contains the omega-3 alpha-linolenic acid. GLA has been proven to be beneficial in chronic inflammatory disorders by increasing tear level of the anti-inflammatory eicosanoid PGE1, resulting in decreased inflammation and in alleviating or reducing dry eye symptoms.

Other nutritional components of HydroEye include vitamin A from retinyl palmi-



The GLA in HydroEye benefits chronic inflammatory disorders by increasing tear level of the anti-inflammatory eicosanoid PGE1.

fighting antioxidants in tears, which may be very important to patients who undergo surgical procedures such as PRK or LASIK.

ADDED BENEFITS

Studies have proven benefits in cardiovascular disease risk in humans, including decreases in platelet aggregation and serum thromboxane B2 after GLA supplementation. And the combination of EPA/DHA with GLA has been shown to decrease inflammatory prostaglandins.

Because of its unique combination of essential fatty acids, vitamins, and minerals that have been extensively researched, HydroEye offers a nutritional product that will have significant benefits for your dry eye patients. **OO**

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tate and cod liver oil, vitamin E (d-alpha tocopherol), and magnesium as well as 300% of the daily value of vitamin C and 630% of the daily value of vitamin B6. Magnesium, vitamin B6, and vitamin C are all co-factors in fatty acid metabolism.

STUDY SUPPORT

Research has shown that the combination of omega-3 fatty acids with healthy omega-6 fatty acids like GLA can present an additional therapeutic advantage in patients suffering from ocular dryness, including patients who were already being treated for dry eye. Vitamins such as vitamin C have been shown to be free-radical

WHERE TO FIND IT:

ScienceBased Health

888-433-4726 • sciencebasedhealth.com