

HydroEye® FAQs



What is HydroEye?

- ▶ HydroEye offers powerful relief for dry eyes. Its patented and clinically tested formulation provides a balanced ratio of omega fatty acids to support healthy tear production. HydroEye also provides antioxidants and nutrient cofactors to help metabolize fats and support all three layers of the tear film.

Gamma linolenic acid (GLA), a primary ingredient in HydroEye, is a unique anti-inflammatory omega-6 fatty acid that has been shown in clinical trials to improve objective measurements and symptoms in dry eye, including for patients with Sjögren's Syndrome, contact lens discomfort, meibomian gland dysfunction, and in post-PRK corrective vision surgery patients¹⁻⁷.

HydroEye has been shown in a randomized, controlled clinical trial (*Cornea*, 2013) to provide significant benefits for dry eye symptoms, while suppressing inflammation and maintaining corneal smoothness⁷.

Who can use HydroEye?

- ▶ Almost anyone with dry eyes, including contact lens wearers, those with age-related dry eye, frequent computer users, those experiencing transient dry eye after laser procedures such as LASIK, and many others.

How long does it take for HydroEye to work – and how long should it be used?

- ▶ Results are typically experienced within 30-60 days, though many users begin to experience benefits sooner. HydroEye continues to work for as long as it is taken.

How does HydroEye differ from artificial tears and drops?

- ▶ HydroEye is an oral formulation that works from the inside out to target the root causes of dry eye. Unlike topical products such as artificial tears and lubricant drops, HydroEye does not require frequent re-application.

How does HydroEye differ from flaxseed and fish oils?

- ▶ HydroEye delivers ALA (alpha linolenic acid), the same omega-3 found in flaxseed oil, as well as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic) from USP®-verified fish oil. However, HydroEye also provides a unique omega fatty acid called GLA (gamma linolenic acid), not found in flaxseed or fish oil. GLA effectively promotes the body's production of the anti-inflammatory prostaglandin, PGE1.

The omega-3 fatty acid ALA from flaxseed oil can also be converted in the body to EPA, precursor of the anti-inflammatory prostaglandin PGE3. This conversion is only 15-20% efficient, however, indicating that relatively large amounts of flaxseed oil must be ingested to provide a significant increase in cellular EPA levels.

Additionally, neither fish nor flax seed oils alone contain other important nutrients included in HydroEye®: vitamin B6 and magnesium to promote fatty acid metabolism, vitamin A to support production of mucin in the tear film, and antioxidant vitamin C to help fight free radicals associated with inflammation.

What are the Ingredients in HydroEye?

Supplement Facts

Serving Size: 4 softgels

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	30	
Total Fat	2.5 g	3%
Vitamin A (from retinyl palmitate and cod liver oil)	625 mcg RAE	69%
Vitamin C (as ascorbic acid)	240 mg	267%
Vitamin E (d-alpha tocopherol)	8 mg	53%
Vitamin B6 (from pyridoxal 5-phosphate)	12.6 mg	741%
Magnesium (from magnesium sulfate)	40 mg	10%
Black Currant Seed Oil [15% gamma linolenic acid (GLA); also contains 12-15% alpha linolenic acid (ALA)]	1570 mg	†
Omega-3 Fatty Acids (100 mg EPA, 70 mg DHA from USP®-Verified fish oil)	170 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Bovine Gelatin, Glycerin, Beeswax, Water, Mucin Complex, Sunflower Lecithin, Caramel Color, Titanium Dioxide and Lemon Oil.



Why does HydroEye combine GLA with EPA from fish oil?

- ▶ Clinical studies have found that when GLA and fish omega-3s (EPA and DHA) are present in balanced amounts, EPA can inhibit conversion of GLA to the immediate precursor of pro-inflammatory prostaglandin PGE2^{8,9}. In addition, EPA also serves as the starting material for the formation of the anti-inflammatory prostaglandin PGE3.

Does the form of fish oil omega-3s (ethyl ester vs. triglyceride) make a difference? Which does HydroEye use?

- ▶ There does not appear to be a compelling difference between the ethyl ester (EE) and triglyceride (TG) forms when either is supplemented consistently. GLA, the primary omega fatty acid in HydroEye, is only available in the TG form. The ethyl ester form used in HydroEye has been studied much more extensively, and is the form used in nearly every large clinical trial. While the TG form of omega-3 fatty acids is absorbed faster than the EE form in the short term, evidence shows that the incorporation of EPA and DHA into serum phospholipids (which the body uses to transport fat) is essentially the same once a steady state has been achieved¹⁰⁻¹².

How can I be sure that the fish oil in HydroEye is pure?

- ▶ HydroEye uses the first and only fish oil ingredient to achieve US Pharmacopoeia (USP) verification – one of the world's most rigorous quality assurance verifications. USP is the official standards-setting body for US medicines and supplements. Verification ensures compliance with Good Manufacturing Practices (GMPs) and ingredients are rigorously tested for contaminants, potency and more.

Can HydroEye be taken with other dry eye products?

- ▶ HydroEye may be combined with artificial tears, punctum plugs or the prescription medication Restasis®. Because HydroEye is an oral formulation that targets dry eye internally, its mode of action is complementary to topical products such as Restasis®. HydroEye addresses inflammation by influencing the production of prostaglandins and eicosanoids as well as promoting tear production, while Restasis® inhibits T-cell activation and helps prevent release of cytokines by immune cells. Though HydroEye and Restasis® can be used concurrently, many users find that HydroEye alone provides adequate relief within 30-60 days.

What is the recommended dosage?

- ▶ A total of 4 soft gels daily, taken with meals, is recommended. Some, though not all, users report that a maintenance dose of 2 soft gels daily is sufficient after 3-6 months of taking the full dose.

Are there any cautionary notes?

- ▶ Using HydroEye with anticoagulants, such as Coumadin®, may increase their effect. Prothrombin time (bleeding time) can be assessed by the primary care physician to ensure the safe addition of HydroEye to an anticoagulant regimen. Sufficient scientific evidence for safe use of GLA during pregnancy and while breastfeeding is not available. Individuals with medical conditions should consult a physician before using. Keep out of the reach of children.

References

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