

# 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**

*Paul M. Karpecki is Clinical Director, Corneal Services and Ocular Disease Research, for the Koffler Vision Group, Lexington, KY.*

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**

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