



Nutritional support for restoring normal tear production and protective film

APPLICATIONS / BENEFITS

- Supports tear function and eye health
- Creates thick tears and prevents tears from evaporating
- Soothes symptoms of irritated eyes
- Provides essential fatty acids and GLA

OVERVIEW

Dry eye is among the most frequent complaints in a general ophthalmic practice, with approximately one in every four patients reporting symptoms of dry eye. The aging process causes a decrease in the production of oil which is a common cause of dry eye. Tear production also diminishes with various medical conditions, or as a side effect of certain medications. In addition, environmental conditions such as exposure to smoke, wind and dry climates can increase tear evaporation resulting in dry eye symptoms.

Patient One Dry Eye Care combines synergistic vitamins, minerals and antioxidants to combat the discomfort associated with dry eye syndrome. Dry Eye Care provides ideal natural support for those patients who suffer from dry, burning, itchy, irritated eyes or have had previous eye surgery, wear contact lenses or for patients who spend prolonged time in front of a computer screen or television.

KEY INGREDIENTS

Vitamins A, C & E:

Vitamin A helps protect the cornea, the surface of the eye, and is essential for good vision. It is found naturally in the tear film of healthy eyes and is key to the production of the mucous layer of the tears. Vitamin A deficiency has been shown to cause and exacerbate dry eye challenges.

The antioxidant Vitamin C is found in higher concentrations in the tear film than the amount found in the

blood. Vitamin C helps to reduce the inflammation associated with dry eyes and improves comfort. It also helps to chelate and remove heavy metals and toxins in the body that can contribute to dry eyes.

Vitamin E, another important antioxidant that is essential for eye health, helps promote healthy tear film function. Vitamin E is thought to protect cells of the eyes from damage caused by free radicals, which break down healthy tissue.

Zinc:

Zinc is a factor in the metabolic function of several enzymes in the vascular coating of the eye. It plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer lying under the retina.

Omega-3 Fatty Acids:

Omega-3 fatty acid supplements may help stimulate tear production. In addition, omega-3 fatty acids appear to work by reducing inflammation and by changing the lipid composition in the meibomian oil-producing glands in the lower eyelid. Essential fatty acids also play a role in helping eye fluids drain, helping to regulate intraocular pressure.

Flax Seed Oil and Black Currant Oil:

Flax seeds and black currant seeds are rich in essential fatty acids (EFA's) that work throughout the body to protect cell membranes and modulate inflammation, a

common cause of dry eye. Research has found that flaxseed oil may be as effective as a commonly used dry eye medication, doxycycline. A study published in the Journal of Inflammation suggests that black currants can inhibit leukocyte (white cell) infiltration during inflammatory processes. The combination of flax seed oil and black currant oil in our formula provides a total of over 247 mg of the EFA Alpha Linolenic Acid (ALA).

Borage Oil:

Borage oil has been found to be beneficial for those suffering from dry eyes. Research has shown that borage oil's beneficial effects can be traced to its rich stores of a therapeutic fat called gamma linolenic acid (GLA). Patient One Dry Eye Care offers 69.5 mg of GLA per serving. Studies suggest that oral GLA supplementation improved dry eye both clinically and subjectively in patients with dry eye syndrome.

RESEARCH

- A randomized, double-masked, placebo-controlled clinical trial of an omega 3 supplement for dry eye found that 70% of patients became asymptomatic at the end of the study compared to only 7% of the placebo group. The omega 3 supplement increased tear secretion as well as tear volume.⁽³⁾
- A trial with 60 subjects undergoing photorefractive keratectomy reported significant beneficial effects of a once-daily dose of 28.5 mg LA plus 15.1 mg GLA on tear function tests and ocular symptoms. Observational studies also suggested a link between n3 FAs and DES in Sjogren's syndrome.⁽¹⁾

REFERENCES

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2. Miljanovic B, et al. Relation between dietary n-3 and n-6 fatty acids and clinically diagnosed dry eye syndrome in women. Am J Clin Nutr. 2005; 82:887-93.
3. Wojtowicz JC, et al. Pilot, prospective, randomized, double-masked, placebo-controlled clinical trial of an omega-3 supplement for dry eye. Cornea. 2010; 00:1-7.
4. Brignole-Baudouin F, et al. A multicentre, double-masked, randomized, controlled trial assessing the effect of oral supplementation of omega-3 and omega-6 fatty acids on a conjunctival inflammatory marker in dry eye patients. Acta Ophthalmol. 2011; 89: e591-e597.
5. Jalbert, Isabelle. Diet, nutraceuticals and the tear film. Experimental Eye Research. 2013 117; 138e146
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7. Colin C. K. Chan, M.D., and Brian S. Boxer Wachler, M.D.: 2006 annual meeting of the American Society of Cataract and Refractive Surgery

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

Amount Per Serving		% DV*
Calories	25	
Total Fat:	3 g	4%
Saturated Fat	0.5 g	3%
Monounsaturated Fat	0.5 g	**
Polyunsaturated Fat	1.5 g	**
Vitamin A (as palmitate, beta carotene)	900 mcg RAE	100%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin E (as d-alpha tocopheryl acetate)	20 mg	133%
Zinc (as zinc oxide)	25 mg	227%
Selenium (as L-selenomethionine)	100 mcg	182%
Omega 3 fish oil [Typically providing 36% EPA (Eicosapentaenoic acid) and 24% DHA (docosahexaenoic acid)]	1600 mg	**
Flaxseed oil (<i>Linum usitatissimum</i>) (seed) [Typically providing 44% Alpha Linolenic Acid (ALA), 15% Linoleic Acid (LA) and 16.5% Oleic Acid]	500 mg	**
Black currant oil (<i>Ribes nigrum</i>) (seed) [Typically providing 11% Alpha Linolenic Acid (ALA), 9% Oleic Acid, 40% Linoleic Acid and 14% Gamma Linolenic Acid (GLA)]	250 mg	**
Borage oil (<i>Borago officinalis</i>) (seeds) [Typically providing 20% Gamma Linolenic Acid (GLA)]	172.5 mg	**

* Daily Values based on a 2,000 calorie diet. ** Daily Value not established.

Other Ingredients: gelatin (capsule), clear enteric coating (purified water, ethylcellulose, ammonium hydroxide, medium chain triglycerides, oleic acid, sodium alginate, purified stearic acid), chlorophyll

Contains: fish (anchovies, mackerel and sardines)

Free of: milk, egg, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 4 capsules daily, in divided doses and preferably with a meal, as a dietary supplement, or as directed by a health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Gluten Free

Non-GMO

Gelatin Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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