

# Your eyes

## Omega-3s and Dry Eye

(NAPSA)—Omega-3 essential fatty acids are already prescribed by many doctors for heart and joint health. Now, new research shows Omega-3s provide relief for dry eye, a condition affecting some 14 million Americans.



**A new Omega-3 supplement may help treat dry eye.**

The prevalence of dry eye is exploding as the population ages. Omega-3 essential fatty acids, found in salmon and other coldwater fish, as well as flaxseed and walnuts, have been shown to have numerous health benefits, yet most Americans fail to get enough in their diets.

### **Symptoms of Dry Eye:**

- Sandy, gritty irritation
- Burning



Now, TheraTears Nutrition for Dry Eyes, a high-potency supplement of Omega-3s, promises to relieve eye irritation in the vast majority of those with dry eye, while providing them with additional health benefits as well.

“One benefit of Omega-3 is more eye comfort all day long. In the morning it suppresses redness and inflammation of the eyelids, known as blepharitis. Then, throughout the day, it provides glands in the eyelids with what they need to manufacture a more effective tear-film oil layer,” said Jeffrey P. Gilbard, MD.

TheraTears Nutrition is also reported to promote a healthier watery layer of tears. To learn more, visit [www.theratears.com](http://www.theratears.com).