

# Omega Eye

MANAGING OCULAR SURFACE  
DISEASE FROM WITHIN



**Step by step guide**



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## Basic Facts

- Omega-3s are essential fatty acids (EFAs) that our bodies need but cannot make or store.
- Over 20,000 clinical studies have shown the benefits of fish oil (ie marine-based omega-3 fatty acids) across a multitude of health conditions. Most people, though, still suffer from harmful omega-3 deficiency, resulting in between 72,000 and 96,000 preventable deaths each year<sup>1</sup>.
- EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), found in omega-3, are involved in almost every key function in the body. Omega-3 (EPA and DHA) fatty acids are one of the primary components in cell walls and membranes throughout the body. Of the omega-3 EFAs, only EPA and DHA are proven to have health benefits.
- Omega-3 (EPA/DHA) is a good fat which most British and Irish people do not get enough of in their diets.
- In fact, British and Irish citizens tend to consume too many omega-6 fats, which are harmful to health if consumed in excessive amounts. These are contained in chips, butter, mayonnaise, meat and vegetable oil.
- **British and Irish citizens consume 20-40 times more omega-6s than omega-3s in their diets whereas the ratio should be 1:1.**



***These omega-3 (EPA/DHA) ingredients work from within the body to reduce systemic inflammation.***

## Anti-Inflammatory

### Alphalinolenic Acid (ALA)

Plants, nuts

### Eicosapentaenoic (EPA)

Fish

### Docosahexaenoic (DHA)

Fish

## Omega-3s

## Pro-Inflammatory

### Linolenic Acid (LA)

Vegetable oils, saturated fats,  
fast foods

### Gamma-Linolenic Acid (GLA)

Evening primrose oil, borage oil,  
blackcurrant oil

### Arachidonic Acid (ARA)

Vegetable oils, saturated fats,  
fast foods

## Omega-6s

Of the omega-3 EFAs, only EPA and DHA are proven to have health benefits. The other anti-inflammatory EFA listed above, Alphalinolenic (ALA), is poorly converted to EPA and DHA, less than 1%<sup>3</sup> (read more on ALA below).

Omega-3 products in the natural triglyceride form, which may be unpurified, or the re-esterified triglyceride form, which is purified, are in the same form as omega-3 fatty acids (EPA and DHA) when we consume them from eating fish.

As mentioned, consuming alphalinolenic acid (ALA), the vegetable omega-3 fatty acid present in green leafed vegetables, **flax seed**, walnut or rapeseed oil, will improve your balance between omega-3 and omega-6 but does not increase your HS-Omega-3 Index (which measures the level of EPA and DHA in your body). The body will only convert very small quantities of EPA and DHA from ALA, and this conversion is not sufficient to provide the daily requirement of EPA and DHA. To increase your HS-Omega-3 Index (read more overleaf) you need preformed EPA and DHA.

***The Proof: A study published in the American Journal of Clinical Nutrition analysed data from an on-going women's health study. Women who ate 5-6 portions per week of omega-3s EPA and DHA in a natural triglyceride form reduced the risk of Dry Eye by up to 66%<sup>3</sup>.***

1. US National Health Center for Health Statistics, 2005 data

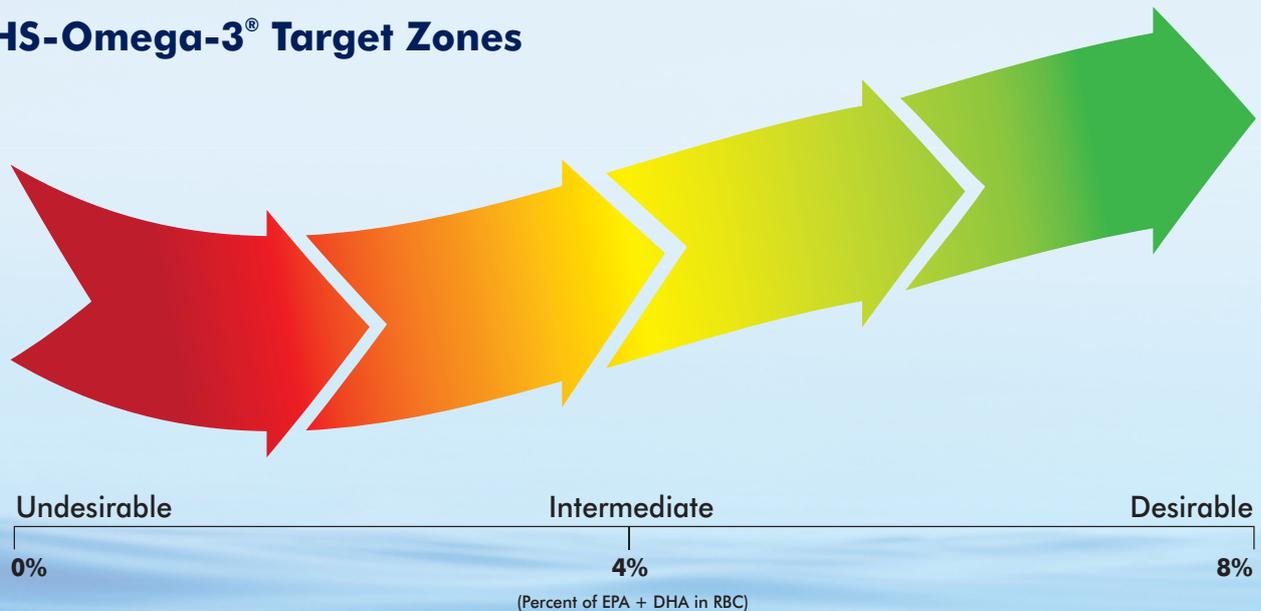
2. Physiological compartmental analysis of Alphalinolenic Acid metabolism in adult humans. Journal of Lipid Research Volume 42, 2001

3. J Gilbard et al; Relation between dietary n-3 and n-6 fatty acids and clinically diagnosed dry eye syndrome in women; The American Journal of Nutrition, 2005, Vol. 82, no 4 887-893

# HS-Omega-3 Index

The Omega-3 Index, developed for cardiologists, measures the amount of omega-3 fatty acids (EPA and DHA) in your red blood cells as a guide to your circulatory health.

## HS-Omega-3<sup>®</sup> Target Zones



The recommendation from leading cardiologists is to consume **2-3 grams** of EPA and DHA in fish oil form, every day to increase the level of omega-3 in your red blood cells<sup>4</sup>.

A HS-Omega-Index greater than 8% is highly recommended if you want to maintain optimum health.

***Results from cardiovascular studies using the Omega-3 Index were significantly higher after n-3 fatty acid re-esterified triglycerides administration compared with n-3 fatty acid in ethyl ester form<sup>5</sup> (see right)***

**A solution for those suffering with dry, scratchy, red, or irritated eyes,** Omega Eye is a custom formulated product with a high concentration of the anti-inflammatory omega-3, EPA (eicosapentaenoic acid) in its natural triglyceride form, combined with vitamin D3.

Below is the nutritional information from the Omega Eye label, which offers **2.6 grams** of omega-3 per daily dose which is **four capsules per day**. 84% of this omega-3 is in the EPA and DHA form as below.

**Omega Eye** contains very high levels of omega-3, all in the re-esterified form, and subsequently can offer the patient the recommended amount of omega-3 in the correct form as per the HS Omega-3 Index.

With most other omega-3 supplements you cannot reach therapeutic levels (2-3 grams per day) as their recommended daily dosing in the form of EPA and DHA are not high enough to reach these levels.



## Nutritional Information

Serving Size: 4 Softgels

Four soft gels contain	%EU	RDA
Vitamin D (as D3 Cholecalciferol)	25ug	500%
Omega-3 Fatty Acids as TG*	2668mg	**
EPA (Eicosapentaenoic acid) as TG*	1680mg	**
DHA (Docosahexaenoic acid) as TG*	560mg	**
Additional Omega-3 Fatty Acids as TG*	428mg	**

\*Triglyceride form,  
RDA: Recommended Daily Allowance  
\*\* RDA Amount not established

**The Proof: A robust independent clinical study comparing a Physician Recommended Nutraceuticals (PRN) product to two popular alternatives revealed that PRN's product was the only one able to achieve the recommended cardio-protective 8% blood saturation of omega-3s in a simple regimen of four capsules per day<sup>4</sup>.**

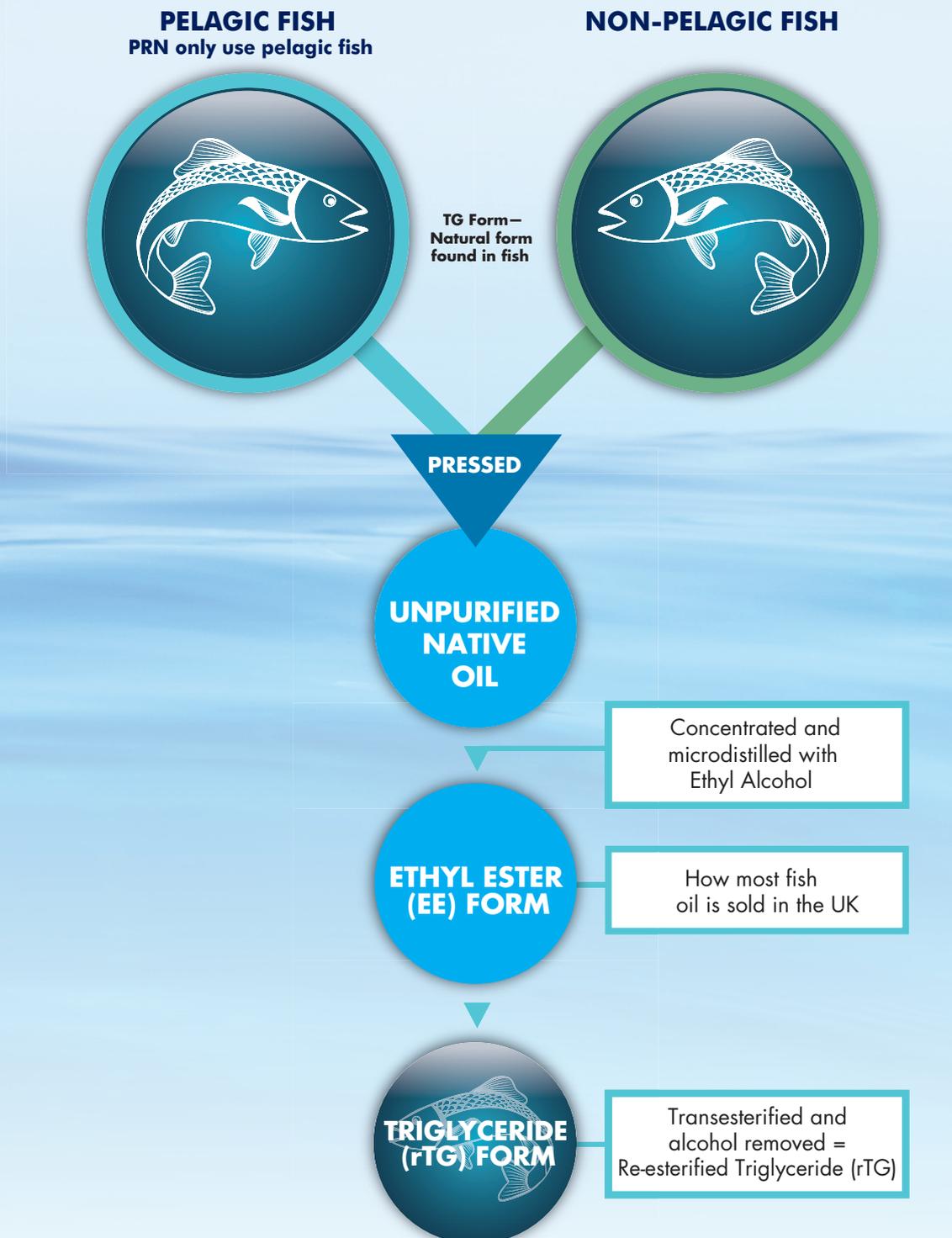
4. Arthritis Research & Therapy 2006, 8:202 (doi:10.1186/ar1876)

5. Fish oil forms: Triglycerides better for omega-3 index increase, by Stephen Daniells, 18 Nov 2010

6. Buccì Frank, Thomas Kislán, a comparison of omega-3 RBC saturation for PRN-Dry Eye Omega benefits v. Theratears Nutrition v. Nature Made (abstracts in advance of publication, to be presented at AAO 2011)

# Re-esterified Tricylceride (rTG)

Although most omega-3s are naturally occurring in the triglyceride form, most commercially available omega-3 products are sold in the unpurified or ethyl ester form. The diagram below explains the extra step in the manufacturing process that PRN (our manufacturer) takes in order to provide a clean and pure omega-3 supplement.



## Ethyl Ester vs Triglyceride Form

Our omega-3 products are in a re-esterified triglyceride form (as left), the same form that omega-3 fatty acids (EPA and DHA) are in when we absorb them from eating fish, but without the contaminants commonly seen in fish.

**Dyerberg et al found that bioavailability of the EPA and DHA from re-esterified triglycerides was superior (124%) compared with natural fish oil, whereas the bioavailability from ethyl esters was inferior (73%); TG is 1.698 times more available than EE<sup>7</sup>.**

**The Proof:** Dyerberg et al looked at the difference in bioavailability of different kinds of omega-3s. It was a double-blinded placebo trial that compared three concentrated preparations (ethyl esters, free fatty acids and re-esterified triglycerides) and placebo. 72 healthy volunteer subjects were given ~3.3 grams of EPA+DHA for two weeks. Increase in absolute amounts of EPA and DHA in fasting serum triglycerides, cholesterol esters and phospholipids were examined.

Ethyl ester forms of omega-3 fatty acid supplements are becoming more prevalent in the market because of the cost: they are cheaper to produce than triglyceride forms.

*The PRN re-esterification process adds significant costs and time to the whole manufacturing process, but delivers a product that offers a therapeutic dose in four capsules per day.*

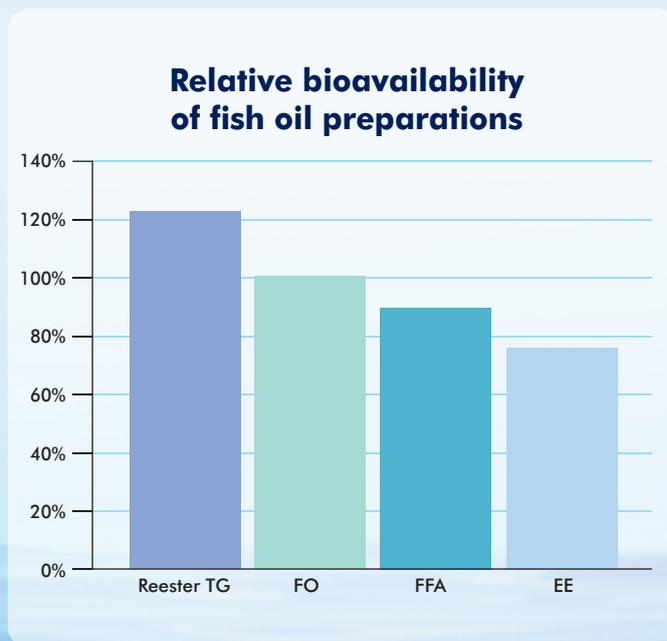


## Manufacturing standards

PRN, the manufacturer of Omega Eye, has every product third party tested to ensure adherence to high standards of quality and purity.

A study comparing daily exposure to PCBs/PBDEs in 10 commonly purchased US brands of fish oil supplements revealed a median intake of 181 ng/g (over double the acceptable safe value determined by California Law Proposition 65)<sup>8</sup>.

PRN products, though, have lower than 5 ng/g of PCBs (which is the lowest possible amount that can be measured) –18 times purer than the Proposition 65 standard of safety.



7. J Dyerberg, et al, Bioavailability of marine N-3 Fatty Acid Formulations, prostaglandins leukotrienes Essential Fatty Acids (2010), DOI: 10>1016/J.PLEFA.2010.06.007

8. Ashley, J.T.F. et. al., Evaluating daily exposure to polychlorinated biphenyls and polybrominated dephenyl ethers in fish oil supplements; Food Additives and Contaminants: Part A, 27:8, 1177-1185; May 21, 2010.



## Order through Scope Ophthalmics, easy as ...

Patients have three simple choices to source Omega Eye after a recommendation from a doctor (**Omega Eye is not available to buy from pharmacies or opticians**):

### 1. Enrolment through Scope Ophthalmic's website

Scope's website offers all the important information on Omega Eye and omega-3 in general.

The patient can then buy the product at their leisure from our website: **www.scopeomegahealth.com**

### 2. Enrolment through direct call to Scope Ophthalmics after doctor recommendation

Scope's nutritionist-led team of customer service consultants is available Monday to Friday 9am-5pm to answer absolutely any question and complete orders if the patient is happy to proceed

### 3. Doctors can recommend that patients speak with Scope's nutritionist-led team of customer service consultants or just send over the details to Scope via our dedicated doctors' website

The team will be able to answer all the questions and queries that your patient may have and our team will offer them as much time as they need while remaining completely ethical and professional. If the patient wishes, they can complete a simple form in the doctor's office which will be faxed to Scope Ophthalmics and, subsequently, the Scope nutritionist team will contact the patient to complete their order. Alternatively, the doctor can click through to our dedicated doctors' portal, where they can enter basic patient details and the Scope team will contact the patient directly.

## 4 Fundamental Objectives of the Scope Nutritionist Team

- Educational reinforcement of the doctor's recommendation
- Working with the patient to improve compliance
- An unlimited opportunity for your patient to have any questions answered regarding use of omega-3
- Professional and ethical team which includes qualified nutritionists

Scope Ophthalmics nutritionist team is available Monday to Friday 9am-5pm, by telephone, dedicated email or live chat via our website: **www.scopeomegahealth.com**

A true expert in field of omega-3s and nutrition, the Chief Medical Officer in PRN is available to ophthalmologists in the UK and Ireland to take a more detailed look at the products if required.



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