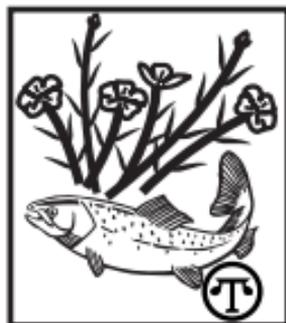


Eye on Health

Nutrition For Dry Eye

(NAPSA)—Researchers in Boston report that eating more of the omega-3 oils found in flaxseed and fish can help prevent and



relieve the dry-eye symptoms experienced by some 15 million Americans.

The study, presented at the Annual Meeting of the Association for Research in Vision and Ophthalmology involved 32,470 women who participated in the Women's Health Study at Harvard Medical School.

Symptoms of Dry Eye:

- Sandy, gritty irritation
- Burning



New research shows omega-3's prevent and relieve dry eye.

Omega-3's help dry eye by suppressing redness and inflammation of the eyelids, known as blepharitis, and improving eyelid oil gland function and tear production, according to Jeffrey P. Gilbard, M.D., one of the investigators in the study.

"The good news is you don't need to eat tuna fish every day to get dry-eye relief," said Dr. Gilbard. Instead he recommends the omega-3 supplement called TheraTears Nutrition for Dry Eyes, now widely available. It provides all the omega-3's you need for freedom from dry-eye discomfort all day long.

You can learn more online at www.theratears.com.