



**Oasis TEARS VISION® DIETARY SUPPLEMENT**

Age-related vision changes including dry eye disease, cataract and vision loss have been associated with oxidative stress and inflammation, suggesting that intake of antioxidant and anti-inflammatory compounds may be beneficial in supporting **vision health**.<sup>1, 2, 3</sup>

**MAQUI BERRY**

Maqui berry (*Aristotelia chilensis*) is grown in southern Chile and is rich in anthocyanins which have potent antioxidant activities<sup>4,5</sup>. Studies demonstrate that daily intake of maqui berry extract at both 30 mg and 60 mg doses showed significant improvement in tear fluid volume in 30 days.<sup>6</sup>



**ASTAXANTHIN**

Astaxanthin can be found in red algae and is a carotenoid, similar in structure to Lutein & Zeaxanthin. However, Astaxanthin demonstrates stronger antioxidant activity in restoring cells after UVA light damage.<sup>15</sup> A study of 49 subjects reported significantly improved far visual acuity and shortened accommodation time.<sup>16</sup>

**ZEAXANTHIN & LUTEIN**

Zeaxanthin & Lutein form the macular pigment in the retina, where their chemical structure allows the pigment to absorb and filter blue light. By absorbing blue light, the macular pigment also protects the underlying cell layer from oxidative damage.<sup>7-14</sup>



**DHA**

Docosahexaenoic Acid (DHA) is required for the process of transforming light into an electro-physiological signal and for the regeneration of the light sensitive pigment in the retina – rhodopsin<sup>7</sup>.

DHA is found in significant amounts in the retina and neuronal cell membranes due to its high fluidity ergo DHA may have neuroprotective properties.<sup>17-18</sup>

**DIETARY SUPPLEMENT**

The ingredients of **Oasis TEARS VISION®** were carefully chosen to develop this patent pending formulation and support optimal visual health.



Scan Here

Discover Dietary Supplementation For Eye Care by OASIS Medical



Call (844) 820-8940 | Visit [www.oasismedical.com](http://www.oasismedical.com)  
Email [customerservice@oasismedical.com](mailto:customerservice@oasismedical.com)

## REFERENCES

1. Bungau S, Abdel-Daim MM, Tit DM, et al. Health Benefits of Polyphenols and Carotenoids in Age-Related Eye Diseases. *Oxidative medicine and cellular longevity*. 2019;2019:9783429.
2. Weikel KA, Chiu CJ, Taylor A. Nutritional modulation of age-related macular degeneration. *Molecular aspects of medicine*. 2012;33(4):318-375.
3. Weikel KA, Garber C, Baburins A, Taylor A. Nutritional modulation of cataract. *Nutrition reviews*. 2014;72(1):30-47.
4. Nakamura S, Tanaka J, Imada T, Shimoda H, Tsubota K. Delphinidin 3, 5-O-diglucoside, a constituent of the maqui berry (*Aristotelia chilensis*) anthocyanin, restores tear secretion in a rat dry eye model. *Journal of functional foods*. 2014;10:346-354.
5. Muñoz O, Christen P, Cretton S, et al. Chemical study and anti-inflammatory, analgesic and antioxidant activities of the leaves of *Aristotelia chilensis* (Mol.) Stuntz, Elaeocarpaceae. *The Journal of pharmacy and pharmacology*. 2011;63(6):849-859.
6. Krinsky NI. Antioxidant functions of carotenoids. *Free radical biology & medicine*. 1989;7(6):617-635.
7. Barker FM, 2nd, Snodderly DM, Johnson EJ, et al. Nutritional manipulation of primate retinas. V: effects of lutein, zeaxanthin, and n-3 fatty acids on retinal sensitivity to blue-light-induced damage. *Invest Ophthalmol Vis Sci*. 2011;52(7):3934-3942.
8. Eisenhauer B, Natoli S, Liew G, Flood VM. Lutein and Zeaxanthin-Food Sources, Bioavailability and Dietary Variety in Age-Related Macular Degeneration Protection. *Nutrients*. 2017;9(2).
9. Loskutova E, Nolan J, Howard A, Beatty S. Macular pigment and its contribution to vision. *Nutrients*. 2013;5(6):1962-1969.
10. Krinsky NI, Landrum JT, Bone RA. Biologic mechanisms of the protective role of lutein and zeaxanthin in the eye. *Annu Rev Nutr*. 2003;23:171-201.
11. Scripsema NK, Hu DN, Rosen RB. Lutein, Zeaxanthin, and meso-Zeaxanthin in the Clinical Management of Eye Disease. *J Ophthalmol*. 2015;2015:865179.
12. Jia YP, Sun L, Yu HS, et al. The Pharmacological Effects of Lutein and Zeaxanthin on Visual Disorders and Cognition Diseases. *Molecules*. 2017;22(4).
13. Roberts JE, Dennison J. The Photobiology of Lutein and Zeaxanthin in the Eye. *J Ophthalmol*. 2015;2015:687173.
14. Bian Q, Gao S, Zhou J, et al. Lutein and zeaxanthin supplementation reduces photooxidative damage and modulates the expression of inflammation-related genes in retinal pigment epithelial cells. *Free Radic Biol Med*. 2012;53(6):1298-1307.
15. O'Connor I, O'Brien N. Modulation of UVA light-induced oxidative stress by  $\beta$ -carotene, lutein and astaxanthin in cultured fibroblasts. *Journal of dermatological science*. 1998;16(3):226-230.
16. Akaira N, Ryoko I, Yasuhiro O, et al. Eye Health. *Japanese Journal of Clinical Ophthalmology*. 2004;58(6):1051-1054.
17. Cardoso C, Afonso C, Bandarra NM. Dietary DHA and health: cognitive function ageing. *Nutr Res Rev*. 2016;29(2):281-294.
18. Echeverria F, Valenzuela R, Catalina Hernandez-Rodas M, Valenzuela A. Docosahexaenoic acid (DHA), a fundamental fatty acid for the brain: New dietary sources. *Prostaglandins Leukot Essent Fatty Acids*. 2017;124:1-10.