
Beat Eye Floaters with This Supplement: The Truth Unveiled

Description

On a cloudless day, if you gaze skyward, you may observe delicate cobweb-like structures drifting across your line of sight. Known as floaters or *muscae volitantes* in formal terms – derived from Latin for 'flying flies'.

Similar to pesky regular flies, *muscae volitantes* can be bothersome, prompting individuals to seek ways to eliminate them. An article in the *Mirror*, titled "[Eye floaters: What causes them and how to get rid of them naturally](#)", purportedly presents a potential solution.

Dr. Sarah Brewer, a general practitioner quoted in the article, suggests that a supplement called Clearer by Theia Bio might be an "effective natural solution" for addressing floaters. However, the actual content of the article does not delve into eliminating floaters as implied in the headline.

The Theia Bio [website](#) provides a more detailed explanation. It claims that "Clearer, containing a blend of antioxidants and antiglycation micronutrients, has been scientifically proven to reduce the size of eye floaters and alleviate visual discomfort in approximately 70% of test subjects over six months."

Before considering the plausibility of a supplement for "addressing" or reducing floaters, it is essential to comprehend the nature and causes of floaters in the first place.

One of the primary causes of floaters is aging. As individuals age, the vitreous, a clear gel-like substance within the eye, begins to thicken and shrink. The vitreous primarily comprises water, collagens, and a substance called hyaluronan.

A simulated image of floaters, or *muscae volitantes*, against a blue sky.
A simulated depiction of floaters, or *muscae volitantes*, against a blue sky. ([Acdx/Wikimedia Commons](#))

With advancing age, it is normal for the vitreous to detach from the back of the eye, known as posterior vitreous detachment, leading to an increase in floaters.

Could vitamin supplements potentially impact collagen clumps and improve the vitreous? Research conducted in Taiwan in 2022 suggested that consuming high-dose mixed fruit enzyme supplements may reduce floaters, although the methodology requires further elucidation for a conclusive assessment.

Theia Bio, in collaboration with Dr. Brewer, cites a [study](#) on its website, asserting the efficacy of the Clearer supplement in reducing floater size and discomfort. However, measuring floaters poses a challenge due to the mobile nature of the vitreous, impacting the accuracy of assessments.

While dietary supplements may offer potential benefits, traditional medical interventions such as vitrectomy or laser treatment remain viable options for severe cases of floaters. Lifestyle modifications, including a diet rich in antioxidants and omega-3 fatty acids, may also contribute to overall eye health and potentially delay



age-related changes affecting vision.

Conclusion

While the efficacy of supplements in resolving floaters remains uncertain, emphasizing a nutrient-rich diet and healthy habits can aid in maintaining optimal eye health and potentially delay the onset of age-related vision issues.

Kawa Wong of Theia Bio emphasizes that their products provide nutritional support rather than a definitive cure for floaters, aligning with current scientific evidence.

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Vocabulary List:

1. **Muscae volitantes** /'mʌs.ki: vɒ.lɪ'tɑ:n.tɛs/ (noun): A medical term referring to floaters in the vision derived from Latin for "flying flies."
2. **Vitreous** /'vɪt.rɪ.əs/ (noun): A clear gel-like substance that fills the eye and helps maintain its shape.
3. **Antioxidants** /,æn.tɪ'ɒk.sɪ.dənts/ (noun): Substances that prevent damage to cells caused by free radicals.
4. **Supplements** /'sʌp.lɪ.mənts/ (noun): Products taken orally that contain dietary ingredients intended to enhance health.
5. **Efficacy** /'ɛf.ɪ.kə.sɪ/ (noun): The ability to produce a desired or intended result.
6. **Detachment** /dɪ'tætʃ.mənt/ (noun): The state of being detached or disconnected from something.

Comprehension Questions

Multiple Choice

1. What are floaters also known as in formal terms?

Option: A. Flying Flies

Option: B. Eye Strands

Option: C. Muscae Volitantes

Option: D. Sky Wanderers



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2. What is one of the primary causes of floaters mentioned in the text?
- Option: A. Exposure to UV rays
 - Option: B. Aging
 - Option: C. Lack of sleep
 - Option: D. Overhydration
3. What does the vitreous primarily comprise?
- Option: A. Water, lipids, and salts
 - Option: B. Proteins, carbohydrates, and vitamins
 - Option: C. Water, collagens, and hyaluronan
 - Option: D. Keratin, elastin, and fibrin
4. What did research conducted in Taiwan in 2022 suggest could reduce floaters?
- Option: A. High-dose vitamin C
 - Option: B. Mixed fruit enzyme supplements
 - Option: C. Iron supplements
 - Option: D. Omega-3 fatty acids
5. Which traditional medical interventions are mentioned as viable options for severe cases of floaters?
- Option: A. Prescription eyeglasses
 - Option: B. Vitrectomy and laser treatment
 - Option: C. Contact lenses
 - Option: D. Eye drops
6. What did Kawa Wong of Theia Bio emphasize about their products regarding floaters?
- Option: A. They provide a definitive cure for floaters
 - Option: B. They are ineffective in addressing floaters
 - Option: C. They offer nutritional support
 - Option: D. They worsen the condition of floaters

True-False

7. Floaters are referred to as "flying flies" in Latin.
8. The Clearer supplement has been scientifically proven to eliminate floaters completely.
9. Dr. Sarah Brewer suggests a diet rich in omega-6 fatty acids for reducing floaters.



10. Individuals may observe floaters due to posterior vitreous detachment.
11. Lifestyle modifications can potentially delay age-related changes affecting vision.
12. The text mentions that a diet rich in antioxidants may worsen the condition of floaters.

Gap-Fill

13. Dr. Sarah Brewer suggests that a supplement called Clearer by Theia Bio might be an "effective natural solution" for addressing floaters in approximately _____ % of test subjects over six months.
14. One of the primary causes of floaters is _____.
15. Research conducted in Taiwan in 2022 suggested consuming high-dose mixed fruit enzyme supplements may reduce floaters, although the methodology requires further _____ for a conclusive assessment.
16. Theia Bio, in collaboration with Dr. Brewer, asserts the efficacy of the Clearer supplement in reducing floater size and discomfort, despite the challenge in measuring floaters due to the mobile nature of _____.
17. Traditional medical interventions such as vitrectomy or _____ remain viable options for severe cases of floaters.
18. Kawa Wong of Theia Bio emphasizes that their products provide nutritional support rather than a definitive _____ for floaters.

Answer

- Multiple Choice:** 1. C. Muscae Volitantes 2. B. Aging 3. C. Water, collagens, and hyaluronan 4. B. Mixed fruit enzyme supplements 5. B. Vitrectomy and laser treatment 6. C. They offer nutritional support
True-False: 7. True



8. False 9. False 10. True 11. True 12. False

Gap-Fill: 13. 70 14. aging 15. elucidation 16. vitreous 17. laser treatment 18. cure

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which field of study focuses on the Earth's structure materials and processes?
Option: Physics
Option: Astronomy
Option: Geological
Option: Chemistry
2. Which term describes a material that resembles glass in texture and appearance?
Option: Foamy
Option: Vitreous
Option: Metallic
Option: Rubbery
3. What refers to the community of microorganisms that live in and on the human body?
Option: Atmosphere
Option: Microbiome
Option: Biosphere
Option: Lithosphere
4. Which term describes a mutual relationship or connection between two or more things?
Option: Isolation
Option: Contrast
Option: Correlation
Option: Variation
5. What is the act of removing or separating something from a larger unit or body?
Option: Attachment
Option: Adornment
Option: Detachment
Option: Confinement
6. Which term is used to describe a deep crack in a glacier?
Option: Ravine
Option: Canyon
Option: Crevasse



Option: Plateau

7. Which term means to increase in speed or amount?

Option: Decelerate

Option: Stagnate

Option: Accelerate

Option: Regress

8. Which term refers to a localized physical condition in which part of the body becomes reddened swollen hot and often painful?

Option: Regeneration

Option: Inflammation

Option: Congestion

Option: Degeneration

9. In glaciology what process involves the breaking off of ice chunks from the edge of a glacier?

Option: Melting

Option: Freezing

Option: Calving

Option: Condensation

10. Which term means exposed to danger suspicion or disrepute?

Option: Defended

Option: Compromised

Option: Enhanced

Option: Protected

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Studying history provides valuable _____ into human behavior.

12. Some individuals have a heightened _____ to certain foods.

13. The _____ of the new drug in treating the disease is being carefully studied.

14. Climate change is _____ the rate of glacier melt in polar regions.

15. _____ pressure measurements are important for weather forecasting.

16. The surgeon performed the _____ of the appendix to treat the patient.



17. The company's profits showed a significant _____ last quarter.
18. Consuming fruits rich in _____ can help neutralize free radicals in the body.
19. The journey ended at the _____ station in the city center.
20. Early _____ can help prevent the spread of infectious diseases.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The forest was teeming with a variety of wildlife and plant species.
22. The artist described the of his latest masterpiece in detail.
23. Many people experience the phenomenon of floaters in their vision.
24. The committee a new policy to address environmental concerns.
25. Regular exercise has a effect on overall health and well-being.
26. During the winter bears often to their dens to hibernate.
27. Lack of sleep can feelings of stress and anxiety.
28. The device has a high level of able to detect even subtle changes.
29. Hawaii is known for its activity with several active volcanoes.
30. Many athletes use dietary to enhance their performance.

Answer

Multiple Choice: 1. Geological 2. Vitreous 3. Microbiome 4. Correlation 5. Detachment 6. Crevasse 7. Accelerate 8. Inflammation 9. Calving 10. Compromised

Gap-Fill: 11. Insights 12. Sensitivity 13. Efficacy 14. Accelerating 15. Barometric 16. Detachment 17. Decline 18. Antioxidants 19. Terminus 20. Intervention

Matching sentence: 1. Abundance 2. Genesis 3. Muscae volitantes 4. Proposed 5. Beneficial 6. Retreat 7. Exacerbate 8. Sensitivity 9. Volcanic 10. Supplements

CATEGORY

1. Health - LEVEL5



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