
Can Supplements Effectively Combat Annoying Eye Floaters?

Description

On a clear day, a glance at the sky may reveal delicate, cobweb-like figures drifting through your line of sight. Referred to as floaters, or more formally, *muscae volitantes*—a Latin term meaning 'flying flies'—these entities can be quite bothersome.

Much like the nuisance of actual flies, individuals are often motivated to seek methods to eliminate these visual intrusions. A recent article in the *Mirror*, titled "[Eye floaters: What causes them and how to get rid of them naturally](#)", purports to offer a remedy.

Dr. Sarah Brewer, a general practitioner cited in the article, extols a supplement called Clearer, manufactured by Theia Bio, describing it as "a natural but effective solution to address annoying floaters." However, despite the optimistic assertion, Dr. Brewer refrains from indicating how to effectively eliminate these floaters.

The Theia Bio [website](#) articulates its claims with more precision, stating: "Clearer comprises a blend of antioxidants and antiglycation micronutrients that have been scientifically validated to reduce the size of floaters and alleviate visual discomfort in approximately 70 percent of test subjects within six months."

Before assessing the viability of a dietary supplement in mitigating or diminishing floaters, it is prudent to understand their origins and causative factors. Primarily, the manifestation of floaters is attributed to the aging process. As one ages, the vitreous—a transparent, gel-like substance within the eye—begins to condense and shrink. The vitreous is predominantly composed of water, collagen fibers, and a substance known as hyaluronan.

Over time, this gel undergoes slight degeneration, leading to the formation of tiny clumps of collagen, which cast shadows on the retina, resulting in the perception of floaters.

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

As the vitreous ages, it may also detach from the rear of the eye, a condition known as [posterior vitreous detachment](#), contributing to a proliferation of floaters.

Could vitamin supplements potentially influence the collagen formations in the vitreous, fostering improvement? In 2022, [research from Taiwan](#) indicated that high-dose mixed fruit enzyme supplements might reduce floaters. However, the methodology utilized to quantify floaters remains unclear, complicating the study's conclusions without additional data.

Theia Bio, in partnership with Dr. Brewer, references a [study](#) on its platform, claiming scientific validation for the effectiveness of the Clearer supplement in reducing floaters and alleviating discomfort.



Nonetheless, assessing floaters presents challenges due to the vitreous's mobility; any eye movement causes the vitreous opacities and their corresponding shadows to shift. Moreover, these clumps exist in three dimensions, resulting in variability in measurement based on perspectives, with closer floaters appearing larger.

The aforementioned study's conclusions are based on a limited cohort of 26 individuals who utilized the formulation, with opacity dimensions documented in a two-dimensional format (cm²).

Such a small-scale trial does not sufficiently convince me of the efficacy of this dietary supplement in diminishing floater size.

Exploring Alternative Solutions

Several medical interventions exist for addressing floaters. The most widely recognized is a surgical procedure known as [vitrectomy](#), which entails the surgical removal of the vitreous. However, this approach carries risks to vision that may outweigh the discomfort posed by floaters themselves.

Another option is to use a YAG laser to disrupt the floaters, yet the safety of this method is debated among experts. Alarmingly, various private clinics promote this laser treatment despite [reports](#) indicating potential damage to ocular structures and the development of glaucoma.

Online, numerous purported "solutions" have emerged, including [intermittent fasting](#), [temple massage and acupressure](#), in addition to [eye exercises](#). However, credible evidence supporting these claims is lacking.

Some findings suggest that lifestyle factors might accelerate or decelerate ocular aging, thereby influencing the initial occurrence or severity of floaters. Consuming a diet rich in carotenoid-filled vegetables (such as spinach, broccoli, and pink grapefruit) and omega-3 fatty fish may [benefit individuals](#) at risk for age-related macular degeneration.

Emerging research indicates that excessive exposure to [blue light](#) emitted from smartphone and tablet screens may hasten age-related [changes in the eye](#). Although mitigating aging in the eye is desirable, it remains unproven whether these measures can prevent the onset of floaters.

A brunette feminine person looking at a lit up phone in bed

Image not found or type unknown

Evidence suggests blue light from your phone might impact your eyes. ([monthirayodtiwong/Canva](#))

So, what should one do when plagued by floaters? Generally, the most effective approach is to disregard them. Over time, the brain adapts, causing a diminished awareness of their presence.

Your likelihood of experiencing floaters increases if you are myopic, have undergone cataract surgery, or have experienced ocular inflammation. Furthermore, individuals with [diabetes](#) may notice an uptick in floaters, highlighting the importance of glucose management and diabetic control.

Occasionally, floaters may signal a more severe condition. An abrupt increase in floaters or flashes, or the onset of a shadow or gray curtain obscuring vision, could indicate a retinal tear necessitating immediate medical intervention.

Conclusion

Can dietary supplements genuinely "address" the collagen clumps in the vitreous? Currently, evidence supporting this claim is scant.

Is it plausible that supplements and lifestyle interventions could decelerate the aging processes in the eye, postponing the emergence of age-related floaters? [There is potential.](#)



Dr. Brewer advocates for sound dietary choices, proper hydration, and adequate sleep—holistic strategies that promote overall well-being. While the direct impact on floaters remains uncertain, these practices may help mitigate the aging processes that contribute to their development.

Kawa Wong, founder of Theia Bio, informed The Conversation that his company "does not guarantee a cure for eye floaters; rather, it strives to provide optimal nutritional support for patients afflicted by floaters, grounded in existing scientific evidence."

Charlotte Codina, Lecturer, Orthoptics, [University of Sheffield](#)

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Vocabulary List:

1. **Floaters** /'floʊ.tərz/ (noun): Small spots or strands that drift through one's field of vision often associated with eye conditions.
2. **Causative** /'kɔː.zə.tɪv/ (adjective): Functioning as a cause; capable of producing an effect or result.
3. **Alleviate** /ə'liː.vi.eɪt/ (verb): To make something less severe or serious.
4. **Degeneration** /dɪ,dʒɛnə'reɪʃən/ (noun): The process of deteriorating or declining in quality condition or function.
5. **Intervention** /,ɪn.tər'ven.jən/ (noun): The act of intervening typically to alter a course of events.
6. **Proliferation** /prə,lɪf.ər'eɪ.jən/ (noun): A rapid increase or spread especially related to the number or quantity of something.

Comprehension Questions

Multiple Choice

1. What are floaters, as described in the text?

Option: Spiders in the sky

Option: Muscae volitantes

Option: Flying mosquitoes

Option: Dancing butterflies

2. What substance predominantly makes up the vitreous in the eye?



- Option: Water and air
- Option: Collagen fibers
- Option: Yogurt and honey
- Option: Hyaluronan and protein

3. What is one of the risks associated with a vitrectomy?

- Option: Vision improvement
- Option: Increased floaters
- Option: Eye infections
- Option: Loss of peripheral vision

4. Which lifestyle factor might accelerate ocular aging, potentially leading to floaters?

- Option: Consuming omega-6 fatty acids
- Option: Regular exercise
- Option: Excessive blue light exposure
- Option: Maintaining a balanced diet

5. What does posterior vitreous detachment contribute to?

- Option: Reducing floaters
- Option: Increasing visual acuity
- Option: A proliferation of floaters
- Option: Enhancing color perception

6. What is one of the potential side effects of using a YAG laser to disrupt floaters?

- Option: Improved night vision
- Option: Possible development of glaucoma
- Option: Reduction in eye pressure
- Option: Enhanced color discrimination

True-False

7. Dr. Sarah Brewer explains in detail how to eliminate floaters through her supplement Clearer.

8. The study cited discussing the effectiveness of the Clearer supplement had a large sample size.

9. Excessive exposure to blue light from screens cannot accelerate eye aging.

10. Individuals with diabetes are at a lower risk of experiencing an uptick in floaters.



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11. It is always necessary to immediately seek medical help if there is a sudden increase in floaters.
12. Floaters are more likely to be noticed in individuals who have undergone cataract surgery.

Gap-Fill

13. The Clearer supplement claims to alleviate visual discomfort within approximately _____ of test subjects.
14. According to the text, lifestyle factors could influence the initial occurrence or severity of floaters by accelerating or decelerating ocular aging, specifically consuming a diet rich in _____.
15. The article mentions that lifestyle interventions could potentially _____ the aging processes in the eye.
16. One of the medical interventions discussed for addressing floaters is a surgical procedure called _____.
17. The effectiveness of certain vitamin supplements in reducing floaters was supported by a study from _____.
18. The brain eventually adapts to floaters over time, leading to a diminished _____ of their presence.

Answer

Multiple Choice: 1. Muscae volitantes 2. Water and collagen fibers 3. Loss of peripheral vision 4. Excessive blue light exposure 5. A proliferation of floaters 6. Possible development of glaucoma

True-False: 7. False 8. False 9. False 10. False 11. True 12. True

Gap-Fill: 13. six months 14. carotenoid-filled vegetables 15. decelerate 16. vitrectomy 17. Taiwan 18. awareness



Vocabulary quizzes

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

1. What are small dark shapes that people may sometimes see moving in their field of vision?
Option: Bacteria
Option: Floaters
Option: Plasma
Option: Antibiotics
2. What term refers to the community of microorganisms that live in and on the human body?
Option: Neurons
Option: Microbiome
Option: Fossils
Option: Herbivores
3. What is a term for an action taken to improve a medical condition or situation?
Option: Resolution
Option: Intervention
Option: Inflation
Option: Mutation
4. What is the ability of an organism to detect magnetic fields for navigation and orientation?
Option: Magnetoreception
Option: Hydration
Option: Erosion
Option: Inversion
5. Which term relates to processes such as thinking learning and remembering?
Option: Cognitive
Option: Metabolic
Option: Synthetic
Option: Conductive
6. What term describes a mutual relationship or connection between two or more things?
Option: Correlations
Option: Distortions
Option: Luminosity
Option: Repudiation
7. What word describes an increase in the rate or speed of something?



- Option: Decelerated
- Option: Accelerated
- Option: Stagnated
- Option: Deviated

8. Which term refers to favoring or making changes that are revolutionary or extreme?

- Option: Traditional
- Option: Radical
- Option: Conservative
- Option: Conventional

9. What term refers to the forces or properties that stimulate growth progress or change within a system or process?

- Option: Statics
- Option: Dynamics
- Option: Kinetics
- Option: Mechanics

10. Which term refers to new methods ideas or products introduced for the first time?

- Option: Traditions
- Option: Concepts
- Option: Innovations
- Option: Conventions

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

- 11. _____ is the rapid increase or spread of something.
- 12. Doctors often prescribe medications to help _____ pain and discomfort.
- 13. Yoga and meditation can help expand the mental _____ of individuals.
- 14. The success of the project was easily _____ through specific metrics.
- 15. Aging is often associated with the _____ of certain bodily functions.
- 16. One of the challenges in investing in the stock market is the _____ of future returns.
- 17. Mount Everest presents a _____ challenge to even the most experienced climbers.
- 18. The volcanic _____ caused widespread destruction in the surrounding area.



19. The process of _____ involves reasoning from specific cases to general principles.
20. Technological _____ have revolutionized many aspects of modern life.

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

21. The rapid of fake news on social media platforms is a growing concern for society.
22. Effective medical can significantly improve a patient's health outcomes.
23. Neglecting regular maintenance can lead to the of machinery over time.
24. Deep in the glacier posed a danger to the team of explorers.
25. The study of Earth's field helps scientists understand magnetic phenomena.
26. His dedication and hard work the values of our organization.
27. The interaction of electrical currents and magnetic fields is a key principle in .
28. The implementation of new technology the pace of production in the factory.
29. Natural such as the auroras are awe-inspiring displays in the sky.
30. The company decided to take a approach to redesigning its business model.

Answer

Multiple Choice: 1. Floaters 2. Microbiome 3. Intervention 4. Magnetoreception 5. Cognitive 6. Correlations
7. Accelerated 8. Radical 9. Dynamics 10. Innovations

Gap-Fill: 11. Proliferation 12. Alleviate 13. Capacities 14. Quantifiable 15. Degeneration 16. Unpredictability
17. Formidable 18. Eruption 19. Induction 20. Innovations

Matching sentence: 1. Proliferation 2. Interventions 3. Deterioration 4. Crevasses 5. Geomagnetic 6. Epitomize
7. Electromagnetism 8. Accelerated 9. Phenomena 10. Radical

CATEGORY

1. Sci/Tech - LEVEL5

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