

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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An earlier version of this article was published in July 2023.

Vocabulary List:

1. **Floaters** /'floʊtərz/ (noun): Small shapes seen in vision.
2. **Supplement** /'sʌplɪmənt/ (noun): Something added for extra help.
3. **Aging** /'eɪdʒɪŋ/ (noun): The process of getting older.
4. **Vitreous** /'vɪtriəs/ (noun): Clear gel inside the eye.
5. **Collagen** /'kɒlədʒən/ (noun): Protein that helps tissue structure.
6. **Retina** /'rɛtɪnə/ (noun): Layer at the back of the eye.

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



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- 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.

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 is a common visual phenomenon that appears as spots or squiggly lines in vision?
Option: Floaters
Option: Eruptions
Option: Interventions
Option: Chasms
2. Which term describes factors that bring about an effect or result?
Option: Cognizant
Option: Causative
Option: Quantifiable
Option: Formidable
3. What is the term used for making something less severe or more bearable?
Option: Exacerbate
Option: Alleviate
Option: Proliferate
Option: Deteriorate
4. What is the term for the gradual decline or deterioration over time?
Option: Proliferation
Option: Acceleration
Option: Degeneration
Option: Correlations
5. Which term refers to the act of becoming involved in a situation to alter the outcome?
Option: Intervention
Option: Induction
Option: Epitomization
Option: Dynamics
6. What term describes the collection of microorganisms living in a particular environment especially the human body?
Option: Biomechanics
Option: Microbiome
Option: Magnetosphere
Option: Electromagnetism
7. Which term relates to mental processes such as perception reasoning and memory?
Option: Cognitive
Option: Radical



Option: Formidable

Option: Innovative

8. What is the term used to describe a relationship or connection between two or more things?

Option: Inferences

Option: Correlations

Option: Dynamics

Option: Eruptions

9. What describes phenomena associated with the Earth's magnetic field?

Option: Geomagnetic

Option: Radical

Option: Inductive

Option: Epitomic

10. What term is used to describe a sudden occurrence of a volcanic activity?

Option: Eruption

Option: Innovation

Option: Acceleration

Option: Deceleration

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

11. An effective _____ might be necessary to address the issue of pollution in our city.

12. The _____ of technology has transformed communication in the modern world.

13. Research often aims to identify _____ factors behind public health concerns.

14. The new medical treatment was designed to _____ the symptoms of the disease.

15. The human _____ plays a critical role in overall health and immunity.

16. Understanding the _____ of social interactions can enhance team performance.

17. The study indicated that _____ skills could be improved with practice.

18. The professor explained that cellular _____ is a normal part of the aging process.

19. The volcanic _____ caused widespread destruction in the surrounding area.



20. She is a _____ opponent who has won many competitions.

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

21. People often notice floaters in their vision when looking at a bright plain background.
22. The researchers were able to establish causative links between the two variables in the study.
23. We are searching for new treatments that can alleviate chronic pain without severe side effects.
24. The scientist focused on the causes of degeneration in neurons during the aging process.
25. Early intervention can significantly improve outcomes for children with developmental delays.
26. The health of our microbiome can influence various bodily functions and immune responses.
27. Cognitive therapies can be effective in treating certain mental health disorders.
28. The study uncovered several significant correlations between diet and mental health.
29. The magnetosphere protects Earth from solar radiation and charged particles from space.
30. The eruption of the volcano sent plumes of ash and smoke into the sky.

Answer

Multiple Choice: 1. Floaters 2. Causative 3. Alleviate 4. Degeneration 5. Intervention 6. Microbiome 7. Cognitive 8. Correlations 9. Geomagnetic 10. Eruption

Gap-Fill: 11. intervention 12. proliferation 13. causative 14. alleviate 15. microbiome 16. dynamics 17. cognitive 18. degeneration 19. eruption 20. formidable

Matching sentence: 1. floaters 2. causative 3. alleviate 4. degeneration 5. intervention 6. microbiome 7. cognitive 8. correlations 9. magnetosphere 10. eruption

CATEGORY

- 1. Sci/Tech - LEVEL5

Date Created

2025/02/10

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