

before / after

6 months
of supplementation* with



1 capsul daily

Contains grape seed and
citrus fruit extracts, vitamin C, zinc and L-lysine
Food supplement designed to support eye health

1) Ankamah E, Green-Gomez M, Roche W, Ng E, Welge-Lüssen U, Kaercher Th, and Nolan JM. Dietary intervention with a targeted micronutrient formulation reduces the visual discomfort associated with vitreous degeneration, *Translational Vision Science and Technology (TVST)* 2021; 10(12):19, <https://doi.org/10.1167/tvst.10.12.19>

tvst.arvojournals.org / OPEN ACCESS!
<https://tvst.arvojournals.org/article.aspx?articleid=2777982>

* example of Vitreous opacity quantification for a patient within the active group measured with Spectralis HRA

Information intended for health care professionals only

FLIES study¹ proves reduction of floaters in 77% of patients

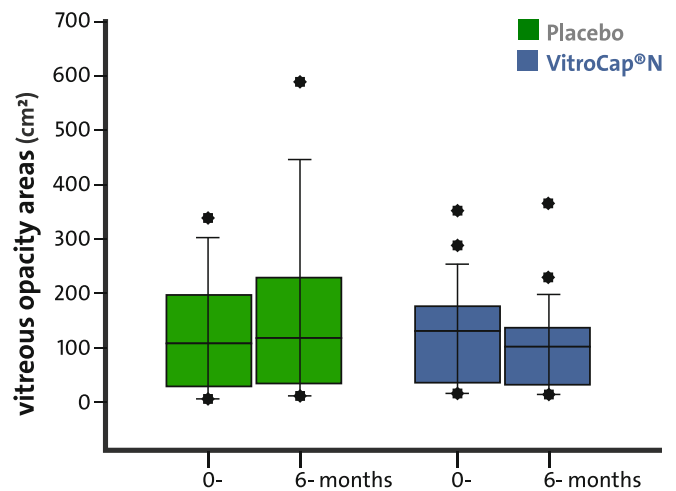


Study design

- 61 patients suffering from vitreous floaters
- Randomised in Active n=31 and Placebo n=30
- Age 57.4 years (18-79 y.)
- **objective tests:** vitreous opacity quantification, contrast sensitivity
- **subjective tests:** suffering evaluated by using a questionnaire

Results

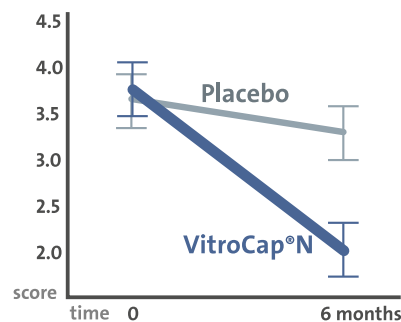
Vitreous opacity areas before and after supplementation



	Placebo		Sig.	VitroCap®N		Sig.
vitreous opacity areas (in cm ²)	125.55 ± 103.20	155.07 ± 156.87	0.081	121.31 ± 90.96	99.78 ± 79.87	<0.001
contrast sensitivity (log CS/FCS)	0.75 ± 0.25	0.74 ± 0.27	0.883	0.70 ± 0.32	0.76 ± 0.32	0.047

photopic functional contrast sensitivity + positive contrast polarity

Visual disturbances



Summary

Findings in the active group after supplementation:

- a significant decrease in their visual discomfort from floaters ($P < 0.001$),
- a significant decrease in vitreous opacity areas ($P < 0.001$)
- a significant improvement in photopic functional contrast sensitivity with positive contrast polarity ($P = 0.047$)

The success rate regarding the objective improvements was 77% (reduction of vitreous opacity areas) and 67% regarding the subjective improvements (discomfort score).

Recommended intake:

Take one VitroCap®N capsule daily with water and after food. Don't chew.

Application duration:

The daily intake of 1 capsule should initially be done for a minimum of 3 to 6 months and can then be prolonged individually until the patient experiences the desired relief of symptoms.

Ingredients:

L-lysine hydrochloride, citrus fruit extract (Citrus aurantium L.), capsule shell (coating agent: hypromellose, colouring food: spirulina and apple concentrate, invert sugar), filler: microcrystalline cellulose, L-ascorbic acid (vitamin C); grape seed extract (Vitis vinifera L.), zinc oxide, anticaking agents: magnesium salts of fatty acids, silicon dioxide.

1 capsule daily	L-lysine	vitamin C	zinc	grape seed-extract	citrus flavonoids (hesperidin)
	125 mg	40 mg	5 mg	26.3 mg	100 mg (60 mg)

Food supplement designed to support eye health



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Abstract FLIES study¹

Ankamah E et al. Dietary intervention with a targeted micronutrient formulation reduces the visual discomfort associated with vitreous degeneration. tvst.arvojournals.org / **OPEN ACCESS!**

Methods: In this clinical trial, 61 patients with symptomatic vitreous floaters were randomized to consume daily, the active supplement consisting of 125 mg L-lysine, 40 mg vitamin C, 26.3 mg Vitis vinifera extract, 5 mg zinc, and 100 mg Citrus aurantium or placebo for 6 months. Change in visual discomfort from floaters, assessed with the Floater Disturbance Questionnaire, was the primary outcome measure. Secondary outcome measures included best-corrected visual acuity, letter contrast sensitivity, photopic functional contrast sensitivity with positive and negative contrast polarity, and quantitative vitreous opacity areas.

Results: After supplementation, the active group reported a significant decrease in their visual discomfort from floaters ($P < 0.001$), whereas the placebo group had no significant change in their visual discomfort ($P = 0.416$). At 6 months, there was a significant decrease in vitreous opacity areas in the active group ($P < 0.001$) and an insignificant increase in vitreous opacity areas in the placebo group ($P = 0.081$). Also, there was a significant improvement in photopic functional contrast sensitivity with positive contrast polarity in the active group after supplementation ($P = 0.047$).

Conclusions: The findings of this study indicate improvements in vision-related quality of life and visual function of patients suffering from vitreous floaters after supplementation with a formulation of antioxidative and antiglycation micronutrients. Notably, these improvements were confirmed by the decrease in vitreous opacity areas in the active group.

Translational Relevance: This targeted dietary intervention should be considered to support patients with symptomatic vitreous degeneration