

THE BODY DOCTOR.

New meta-analysis on eye drops - The Eye Doctor® Advanced Triple Action Drop is the best eye drop in the world?



The clinic study of The Eye Doctor® Advanced Triple Action Eye Drops (under a different brand) was included in a meta-analysis published in the January 2023 issue of Clinical Optometry (Semp et al. 2023). A British research group analysed nearly 500 randomized clinical trials involving eye drop products for treating dry eye. Out of these, 64 studies met the established quality criteria.

The goal of the meta-analysis was to compare research results and determine which compositions of eye drop products are the most effective and safe. Before, due to the absence of scientific comparative data, doctors have had to recommend eye drops without solid evidence-based research. The clinical study by The Body Doctor® conducted in collaboration with Kuopio University Hospital (Laihia et al. 2020) was analysed as part of the comparison of the 64 studies. The Body Doctor® did not participate in the conduct or funding of the meta-analysis.

Recommendation	The Eye Doctor® Advanced Triple Action Eye Drop
Multi-ingredient combination A combination of multiple ingredients is typically more effective than a product with one active ingredient.	✓ YES
High-Molecular-Weight hyaluronic acid HMW hyaluronic acid enhances the clinical efficacy of the eye drop and protects ocular surface from damage.	✓ YES
No preservatives Preservative-free formulations are the most recommendable for all degrees of dry eye.	✓ YES
Lipid-containing eye drops Patients suffering from excessive tear evaporation benefit from lipid-containing eye drops.	✓ YES
Low osmolality Low osmolality reduces the tear hyperosmolality observed in dry eye syndrome.	✓ YES
Trehalose with hyaluronic acid Trehalose with hyaluronic acid enhances the clinical efficacy of the product.	✓ YES
Optimal viscosity The non-Newtonian viscosity of the eye drop supports the stability and natural function of the tear film.	✓ YES

Results of the meta-analysis: The Eye Doctor® Advanced Triple Action Eye Drop is the best eye drop in the world

- The Eye Doctor® Advanced Triple Action Eye Drop is the only product in the research comparison that significantly counteracted all three factors of the dry eye (tear film instability, tear hyperosmolarity and ocular surface damage and inflammation) and symptoms simultaneously.
- With The Eye Doctor® Advanced Triple Action Eye Drop, signs and symptoms of dry eye significantly decreased in just 30 days with a dosage of 3 times a day, which also aligns with the dosing and timing recommendation in the study (Semp et al. 2023). Most other tested products showed effects only after 2–3 months.
- The clinical study of The Eye Doctor® Advanced Triple Action Eye Drop is one of the two studies that achieved the highest level of reliability (Cochrane Risk of Bias3) and is the only study conducted in Finland.

References

1. Meta-analysis: Semp DA, Beeson D, Sheppard AL, Dutta D, Wolffsohn JS. Artificial Tears: A Systematic Review. Clin Optom (Auckl) 2023;15:9-27. doi: 10.2147/OPTO.S350185.
2. Clinical study by Oy Finnsusp Ab: Laihia J, Järvinen R, Wylęgała E, Kaarniranta K. Disease aetiology-based design of multifunctional microemulsion eye drops for moderate or severe dry eye: a randomized, quadruplemasked, and active-controlled clinical trial. Acta Ophthalmol 2020;98(3):244-254. doi:10.1111/aos.14252.
3. Cochrane risk of bias -tool for assessing risk of bias in randomised trials: Higgins JP, Altman DG, Gøtzsche PC, Jüni P, Moher D, Oxman AD, Savovic J, Schulz KF, Weeks L, Sterne JA. Cochrane Bias Methods Group; Cochrane Statistical Methods Group. The Cochrane Collaboration's tool for assessing risk of bias in randomised trials. BMJ 2011;343:d5928. doi: 10.1136/bmj.d5928.