

Dry Eye Oil Replacement Therapy - Both Oils

Evening Primrose Oil 1500 mg

One softgel in the morning and the evening

AND

Flaxseed Oil 1000 mg

One softgel each day

- You can also use more smaller sizes as long as the total daily requirements are still met.
- These products are available at most vitamin stores, pharmacies, health food stores, Whole Foods and many others.
- These oils come in several different types for oral use: gelsils, tablets, powders and elixirs.
- It takes about six weeks until the increased oil content in your body and tears is sufficient to improve your symptoms. This is for long term treatment.
- These products are contraindicated in those patients who are pregnant, use a blood thinner (low strength aspirin is okay) or have a gastrointestinal disorder.