

NEW

BRUDYGLAUCO

Tridocosahehexanoína-AOX® and Citicoline

Eye health protection
with the combined power of
Tridocosahehexanoína-AOX® and Citicoline

BENEFITS

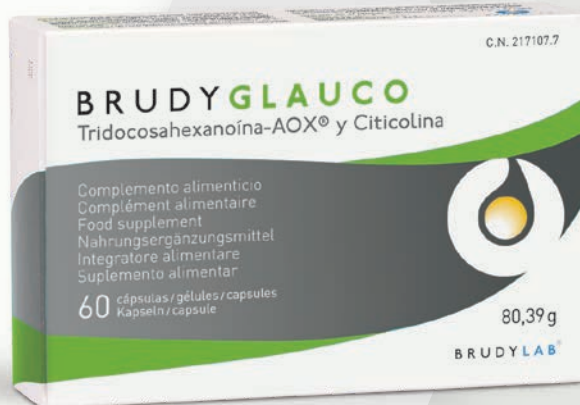
DHA¹⁻⁷

- ✓ Antioxidant protection
- ✓ Reduced inflammation
- ✓ Reduced dry eye symptoms
- ✓ Neuroprotection
- ✓ Improved visual function
- ✓ Promotes IOP reduction

BENEFITS

CITICOLINE⁸⁻⁹

- ✓ Neuroprotection
- ✓ Improved visual function
- ✓ Reduced oxidative damage
- ✓ Stimulation of neuroregeneration





▲
See digital
version

NEW

BRUDYGLAUCO

Tridocosahehexanoína-AOX® and Citicoline

Discover the combined power
of Tridocosahehexanoína-AOX® and Citicoline,
your allies in glaucoma treatment^{3-6,9}



COMPOSITION

	In 1 capsule	In 2 capsules
Omega-3 fatty acids		
22:6ω3, DHA (mg)	500	1000
20:5ω3, EPA (mg)	61	122
22:5ω3, DPA (mg)	43	86
Citicoline	163	326

Box with 60 capsules. C.N. 217107.7

SUGGESTED DOSAGE

2 capsules/day at mealtimes



1 box
with 60 capsules

=



1 month
of treatment

REFERENCES

1. Lafuente, M.; Elena Rodríguez González-Herrero, M.; Romeo Villadóniga, S.; Carles Domingo, J.; Romero, F.J. Antioxidants. Antioxidant Activity and Neuroprotective Role of Docosahexaenoic Acid (DHA) Supplementation in Eye Diseases That Can Lead to Blindness: A Narrative Review. *Antioxidants* 2021, 10, 386.
2. Pinazo-Durán M.D., Zanón-Moreno V., Vinuesa-Silva I. Implicaciones de los ácidos grasos en la salud ocular. *Arch Soc Esp Oftalmol* [Internet]. 2008 Jul [citado 2024 Oct 28]; 83(7): 401-404. Disponible en: http://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S0365-66912008000700002&lng=es.
3. Tellez-Vazquez J, et al; Omega-3 fatty acid supplementation improves dry eye symptoms in patients with glaucoma: results of a prospective multicenter study; *Clin Ophthalmol* 2016; 10:617-626.
4. Stéphanie Romeo; Effects of Oral Supplementation with Docosahexaenoic Acid (DHA) plus Antioxidants in Pseudoexfoliative Glaucoma: A 6-Month Open-Label Randomized Trial. Communication Poster at Congress of European Glaucoma Society, Florence, May 20, 2018. Published in *Journal of Ophthalmology*, Volume 2018, Article ID 8259371, 8 pages; <https://doi.org/10.1155/2018/8259371>
5. Shimazawa, M, et al; Docosahexaenoic acid (DHA) has neuroprotective effects against oxidative stress in retinal ganglion cells; *Brain Res* 2009; 269-75.
6. Anton A, Garcia V, Muñoz M, Gonzales K, Ayala E, Del Mar Sanchez E, Morilla-Grasa A. The Effect of Oral Citicoline and Docosahexaenoic Acid on the Visual Field of Patients with Glaucoma: A Randomized Trial. *Life (Basel)*. 2022 Sep 23;12(10):1481. doi: 10.3390/life12101481. PMID: 36294916; PMCID: PMC9604833.
7. Nguyen C T O, et al; Dietary Omega 3 Fatty Acids Decrease Intraocular Pressure with Age by Increasing Aqueous Outflow; *Invest Ophthalmol Vis Sci* 2007; 48(2):756-62.
8. Parisi, V.; Oddone, F.; Ziccardi, L.; Roberti, G.; Coppola, G.; Manni, G. Citicoline and Retinal Ganglion Cells: Effects on Morphology and Function. *Curr. Neuropharmacol.* 2017, 16, 919–932.
9. Gandolfi S, Marchini G, Caporossi A, Scuderi G, Tomasso L, Brunoro A. Cytidine 5'-Diphosphocholine (Citicoline): Evidence for a Neuroprotective Role in Glaucoma. *Nutrients*. 2020 Mar 18;12(3):793. doi: 10.3390/nu12030793. PMID: 32197303; PMCID: PMC7146438.

