

2<sup>nd</sup> October 2025

## **Open Letter from Professor John Nolan Regarding Eye Health Supplements Referencing the FLIES Study on Vitreous Floaters**

To whom it may concern,

As the Director of the Nutrition Research Centre Ireland (NRCI) at South East Technological University (SETU), I feel compelled to provide clarity on recent claims surrounding **eye health supplements marketed for vitreous floaters**, particularly those referencing the Floater Intervention Study (FLIES) conducted and published by my research team in 2021.

Our dedicated team at NRCI conducted the **FLIES study to evaluate the effectiveness of nutritional supplementation on eye floaters**. The study was carried out using *VitroCap<sup>®</sup>N* — a supplement that had already been rigorously tested in several independent studies prior to FLIES. *It* contains 5 mg of zinc, 40 mg of vitamin C, 26.3 mg grape seed extract (25 mg of proanthocyanidins), 100 mg of citrus fruit extract (60 mg of biflavonoids as hesperidin) and 125 mg of L-lysine. After six months of supplementation, 67% of participants reported an improvement in symptoms, 77% showed a reduction in vitreous opacity, and contrast sensitivity also improved significantly.

**We advocate for the use of this specific formulation.** Any alterations to this original formulation — such as doubling or halving ingredient quantities, or adding unrelated compounds marketed for general eye health — raise serious concerns about product equivalence. In nutritional science, it is essential to understand that you cannot simply modify or substitute micronutrients and expect the same clinical outcomes. Furthermore, we stress the importance of third-party certification. We recommend looking for supplements that bear the mark of 'Supplement Certified' to ensure quality and consistency.

**It is crucial to dispel any confusion regarding products that market themselves in reference to our research. We have not conducted clinical trials on, nor can we endorse, the efficacy of any product other than *VitroCap<sup>®</sup>N* by ebiga-VISION.**

For clarity, it should be noted that SETU receives royalties from ebiga-VISION as part of an intellectual property agreement managed by our Technology Transfer Office. This agreement reflects our commitment to advancing scientific discoveries for the benefit of society.

In conclusion, I urge healthcare professionals and their patients to make informed decisions based on scientific evidence. *VitroCap<sup>®</sup>N* stands as the culmination of our extensive efforts and remains the recommended supplement backed by the NRCI.

Yours sincerely,



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Professor John Nolan  
Director, Nutrition Research Centre Ireland  
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