

## *Invitation to Participate in Research*

### **The impact of probiotics and prebiotics on dry eye disease**

Researchers at UNSW, Sydney (The University of New South Wales) and Brien Holden Vision Institute are seeking volunteer research participants to learn about the effect of probiotics and prebiotics, which are known as helpful human body bacteria and a special form of dietary fiber respectively, on management and treatment of dry eye disease.

#### **Would the research study be a good fit for me?**

The study might be a good fit for you if:

- Are aged over 18 years
- Have reported dry eye signs and symptoms within the past 3 months
- Do not have any systemic or auto-immune diseases
- No previous probiotic or fermented product intake in the last three months
- Are willing to provide written informed consent and likely to comply with the consuming probiotic product and clinical trial visit schedule

#### **What would happen if I took part in the research study?**

If you decide to take part, you would: Be asked to attend up to 5 clinic visits over approximately 21 weeks (5 months). You will be asked questions about your medical history and any current medications you are taking. Various eye-related tests, like those conducted at a regular eye exam will be performed. The study investigator can explain these to you in more detail. Four study visits (visits 1, 3, 4 and 5) will take 1.5-2 hours to complete and visit 2 is expected to take around 20 minutes.

#### **Will I be paid to take part in the research study?**

You will be reimbursed \$20 per visit for your expenses associated with attending each of the research study visits at UNSW.

#### **Who do I contact if I want more information or want to take part in the study?**

If you would like more information or are interested in being part of the study, please contact:

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