

NEW SYSTEMATIC REVIEW ON EYE DROPS – PURO™ SUOJA IS THE BEST EYE DROP IN THE WORLD?

The clinical study of the Puro™ Suoja (original brand Piiliset BioDrop MD Emulsion) eye drop by Oy Finnsusp Ab was included in a systematic review published in the January 2023 issue of Clinical Optometry ([Semp et al. 2023¹](#)). The British research group screened a total of 466 randomized controlled trials involving eye drop products for treating dry eye. Out of these, 64 studies met the prospectively registered quality criteria for further comparison analysis.

The goal of the systematic review 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 to their patients without solid evidence-based research data.

The clinical study by Finnsusp, conducted in collaboration with Kuopio University Hospital ([Laihia et al. 2020²](#)), was one of those 64 studies analysed. Finnsusp did not participate in the conduct or funding of the review study.



CONCLUSIONS ON PROPERTIES OF EYE DROPS FOR DRY EYE AND A COMPARISON TO Puro™ Suoja

Recommendation based on systematic review

Puro™ Suoja

Multi-ingredient combination A combination of multiple ingredients is typically more effective than one active ingredient alone.	✓ YES
High-molecular-weight hyaluronic acid The high molecular size of 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 osmolarity Low osmolarity reduces tear film hyperosmolarity observed in dry eye.	✓ YES
Trehalose combined with hyaluronic acid Trehalose enhances the clinical efficacy of hyaluronic acid in the product.	✓ YES
Natural viscosity The non-Newtonian viscosity of the eye drop supports the stability and natural function of the tear film.	✓ YES
Clinical response achieved within one month Regular use for one month should show relief of symptoms and signs.	✓ YES

EXAMINATION OF THE COMPARISON RESULTS:**PURO™ SUOJA IS THE BEST EYE DROP IN THE WORLD**

- **Puro™ Suoja** is the only product in the comparison analysis table of the 64 eligible studies that statistically significantly counteracted all three etiologic factors of dry eye on the ocular surface (tear film instability, tear hyperosmolarity and ocular surface damage and inflammation) and symptoms simultaneously.
- With **Puro™ Suoja**, both signs and symptoms of dry eye decreased significantly in just 30 days with a dosage of 3 times a day, which aligns with the dosing and timing recommended by the study authors. Most other tested products showed effects only after 2–3 months.
- The clinical study with **Puro™ Suoja** is one of the two studies that achieved the highest level of reliability (Cochrane Risk of Bias³).
- Among the 64 trials, the clinical study with **Puro™ Suoja** is also the only double-masked and the only preregistered study conducted in the Nordic countries.

References

1. 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. Laihia J, Järvinen R, Wylegała E, Kaarniranta K. Disease aetiology-based design of multifunctional microemulsion eye drops for moderate or severe dry eye: a randomized, quadruple- masked, and active-controlled clinical trial. *Acta Ophthalmol* 2020;98(3):244-254. doi:10.1111/aos.14252.
3. 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.

Family-owned Oy Finnsusp Ab (Piiliset) is a 45-year-old rapidly growing and internationalising developer and manufacturer of unique contact lens care solutions, dry eye products, and individual ophthalmic lenses. We manufacture products under Piiliset®, PuroSilmille®, and OLOlinssit® brands as well as private labelled products in our own factories in Lieto. In addition to the home market, our products are distributed in over 35 countries across Europe, North and South America, the Middle East, and Africa. Over 90% of dry eye products and contact lens care solutions are exported. Currently, we employ over 60 Medical Device professionals, and we are constantly looking for new talents. Sustainability, domestic production, and the well-being of our personnel are important values that are reflected in our daily operations. Our operations are certified according to ISO13485 and GMP standards.