Reference guide to artificial tear supplements and stabilisers available in New Zealand

Product name	Image	Targeted tear film layer			Key ingredient(s)	Excipients	Preservative	Suitable for use with contact lenses?	Relative cost ($- $$$)	Container size	Product type	Availability Over-the-counter (OTC) or Professional practice only (Optometry)
		Mucin	Aqueous	Lipid								
Aeon Protect					Sodium hyaluronate (0.3%), PEG 400	Potassium chloride, calcium chloride, sodium chloride	Stabilised oxychloro complex	Yes	$	10 ml	Eyedrop	OTC
Aeon Protect +					Cross-linked sodium hyaluronate (0.3%)	Sodium chloride, boric acid, borax	PF	Yes	$$$	10 ml	Eyedrop	OTC
Aeon Repair					Sodium hyaluronate (0.15%), Vitamin A, Vitamin E	Carboxymethyl beta-glucan	PF	Yes	$$$	10 ml	Eyedrop	OTC
Blink Intensive Tears					Sodium hyaluronate (0.2%), PEG 400	Boric acid, potassium chloride, sodium chloride, sodium borate, calcium chloride, magnesium chloride	Stabilised oxychloro complex	Yes	$	15 ml	Eyedrop	OTC

Blink Intensive Tears (unit dose)					Sodium hyaluronate (0.2%), PEG 400	Boric acid, sodium borate, sodium chloride, potassium chloride, calcium chloride, magnesium chloride	PF	Yes	$	20 x 0.4 ml	Eyedrop	OTC
Blink Intensive Tears Plus					Sodium hyaluronate (0.38%), PEG 400	Boric acid, sodium borate, sodium chloride, potassium chloride, calcium chloride, magnesium chloride	Stabilised oxychloro complex	Yes	$$$	10 ml	Eyedrop	OTC
Celluvisc					Carmellose sodium (1.0%)	Sodium chloride, sodium lactate, potassium chloride, calcium chloride dihydrate, sodium hydroxide, hydrochloric acid	PF	Remove CL before applying	$	30 x 0.4 ml	Gel	
Evolve Carbomer 980					Carbomer 980 (0.2%)	Sodium chloride, sorbitol, pH modifier	PF	Yes	$$$	10 ml	Eyedrop	Optometry
Evolve Carmellose					Carmellose (0.5%)	Sodium chloride, glycerol, calcium chloride dihydrate, potassium chloride, magnesium chloride hexahydrate, boric acid	PF	Yes	$	10 ml	Eyedrop	Optometry
Evolve HA					Sodium hyaluronate (0.2%)	Borax, boric acid, sodium chloride	PF	Yes	$$	10 ml	Eyedrop	Optometry

Evolve Hypromellose					Hypromellose (0.3%)	Borax, boric acid, sodium chloride, potassium chloride	PF	Yes	$$	10 ml	Eyedrop	Optometry
Evolve Revive					Carbomer 980 (0.2%), sodium hyaluronate (0.2%), glycerol (0.9%)		PF	Yes	$$$	10 ml	Eyedrop	Optometry
Evolve Silk					Silk protein (0.05%), cross-linked carboxymethyl cellulose (0.1%)		PF	Yes	$$$	10 ml	Eyedrop	Optometry
Hylo-Fresh					Sodium hyaluronate (0.1%)		PF	Yes	$$	10 ml	Eyedrop	OTC
Hylo-Forte					Sodium hyaluronate (0.2%)		PF	Yes	$$	10 ml	Eyedrop	OTC
Hylo-Dual					Sodium hyaluronate (0.2%), ectoin (2.0%)	Boric acid, borax	PF	Yes	$$$	10 ml	Eyedrop	OTC

Lacrifresh Ocu-Dry					Sodium hyaluronate (0.3%)	Sodium chloride, glycerol, magnesium chloride, potassium chloride, calcium chloride, boric acid, borax decahydrate	PF	Yes	$	10 ml	Eyedrop	Optometry
NovaTears					PFHO		PF	No	$$$	3 ml	Eyedrop	OTC
NovaTears Omega-3					PFHO, omega 3		PF	No	$$$	3 ml	Eyedrop	OTC
Optimel Manuka Dry Eye Drops					Leptospermum sp honey (165mg/g), glycerol (0.2%)	Sodium chloride	Benzoic acid	Remove CL before applying	$$	10 ml	Eyedrop	OTC
Optimel Manuka Forte Eye Gel					Leptospermum sp honey (980mg/g)	Sodium chloride, glycerol	PF	Remove CL before applying	$$	10 g	Gel	Optometry
Opticalm Fast					Sodium hyaluronate (0.21%)	Sodium chloride, sodium dihydrogen phosphate, sodium dihydrogen phosphate dehydrated	PF	Yes	$	10 ml	Eyedrop	OTC
Opticalm Soothe					Sodium hyaluronate (0.15%), castor oil (0.25%)	Glycerol, tocophersolan (vitamin E), Polysorbate 80, macrogolglycerol hydroxystearate, trometamol, hydrochloric acid, disodium edetate, sodium chloride	PF	Yes	$	10 ml	Eyedrop	OTC

Opticalm Ultra					Sodium hyaluronate (0.4%)	Sodium chloride, sodium dihydrogen phosphate, sodium dihydrogen phosphate dehydrated	PF	Yes	$	10 ml	Eyedrop	OTC
OptiChoice (0.2%)					Sodium hyaluronate (0.2%)	Sodium chloride, sodium citrate, citric acid	PF	Yes	$	10 ml	Eyedrop	Optometry
OptiChoice (0.4%)					Sodium hyaluronate (0.4%)	Sodium chloride, sodium citrate, citric acid	PF	Yes	$	10 ml	Eyedrop	Optometry
Optrex Actimist					Soy lecithin (1.0%)	Vitamin A palmitate, vitamin E, sodium chloride, ethanol, phenoxyethanol	Phenoxyethanol	Yes	$$	10 ml	Spray	OTC
Optrex Actimist Advance					Soy lecithin (1.0%)	Vitamin A palmitate, vitamin E, sodium chloride, ethanol, phenoxyethanol	PF	Yes	$$	10 ml	Spray	OTC
Poly-Tears					Hypromellose (0.3%), dextran (0.1%)	Sodium chloride, potassium chloride	Polyquaternium-1	Yes	$	15 ml	Eyedrop	OTC
Poly Visc					Mineral oil (3.0%), lanolin (3.0%)	White soft paraffin	PF	Remove CL before applying	$	3.5 g	Ointment	OTC
Refresh Contacts					Carmellose sodium (0.5%)	Boric acid, calcium chloride dihydrate, magnesium chloride hexahydrate, potassium chloride, sodium borate decahydrate, sodium chloride, hydrochloric acid	Purite		$	15 ml	Eye drop	OTC

Refresh Liquigel					Carmellose sodium (1.0%)	Boric acid, sodium borate decahydrate, potassium chloride, calcium chloride dihydrate, magnesium chloride hexahydrate, sodium chloride, hydrochloric acid	Purite	Remove CL before applying	$	15 ml	Gel	OTC
Refresh Plus (unit dose)					Carmellose sodium (0.5%)	Sodium chloride, sodium lactate, potassium chloride, calcium chloride dihydrate, magnesium chloride hexahydrate, sodium hydroxide, hydrochloric acid	PF	Yes	$	30 x 0.4 ml	Eyedrop	OTC
Refresh Tears Plus					Carmellose sodium (0.5%)	Boric acid, calcium chloride dihydrate, magnesium chloride hexahydrate, potassium chloride, sodium borate decahydrate, sodium chloride, hydrochloric acid	Purite	Yes	$	15 ml	Eye drop	OTC
Rohto Dry Aid					Povidone (0.68%), propylene glycol (0.3%)	Castor oil, sesame oil, boric acid, calcium chloride, edetate disodium, magnesium sulfate, menthol, PEG-10, poloxamer, polyoxyl stearate, sodium borate	Polyaminopropyl biguanide	Remove CL before applying	$$	10 ml	Eyedrop	Optometry
Rohto Dry Aid (unit dose)					Povidone (0.68%), propylene glycol (0.3%)	Castor oil, sesame oil, Boric acid, calcium chloride, edetate disodium, magnesium sulfate, menthol, PEG-10, poloxamer, polyoxyl stearate, sodium borate	PF	Remove CL before applying	$$$	20 x 0.5 ml	Eyedrop	Optometry
Systane Balance					Mineral oil, propylene glycol (0.6%)	Dimyristoyl phosphatidylglycerol, HP-Guar, polyoxyl 40 stearate, sorbitan tristearate, boric acid, sorbitol, edetate disodium	Polyquaternium-1	Remove CL before applying	$$	10 ml	Eyedrop	OTC

Systane Complete					Mineral oil (nano emulsion), propylene glycol (0.6%)	Dimyristoyl phosphatidylglycerol, HP-Guar, polyoxyl 40 stearate, sorbitan tristearate, boric acid, sorbitol, edetate disodium	Polyquaternium-1	Remove CL before applying	$$	10 ml	Eyedrop	OTC
Systane Complete (preservative-free)					Mineral oil (nano emulsion), propylene glycol (0.6%)	Dimyristoyl phosphatidylglycerol, HP-Guar, polyoxyl 40 stearate, sorbitan tristearate, boric acid, sorbitol, edetate disodium	PF	Remove CL before applying	$$	10 ml	Eyedrop	OTC
Systane Gel Drops					PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, boric acid, potassium chloride, sodium chloride, edetate disodium	Polyquaternium-1	Remove CL before applying	$$	10 ml	Eyedrop	OTC
Systane Hydration (preservative-free)					Sodium hyaluronate (0.15%), PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, boric acid, sodium borate, potassium chloride, sodium chloride	PF	Yes	$$	10 ml	Eyedrop	OTC
Systane Hydration (unit dose)					Sodium hyaluronate (0.15%), PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, boric acid, sodium borate, potassium chloride, sodium chloride	PF	Yes	$$	30 x 0.7 ml	Eyedrop	OTC

Systane Ultra					PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, potassium chloride, sodium chloride	Polyquaternium	Yes	$	10 ml	Eyedrop	OTC
Systane Ultra (preservative-free)					PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, potassium chloride, sodium chloride	PF	Yes	$	10 ml	Eyedrop	OTC
Systane Ultra (unit dose)					PEG 400 (0.4%), propylene glycol (0.3%)	HP-Guar, sorbitol, aminomethyl propanol, potassium chloride, sodium chloride	PF	Yes	$	25 x 0.5 ml	Eyedrop	OTC
Tears Again Liposomal Spray					Soy lecithin (1.0%)	Vitamin A, vitamin E, sodium chloride, ethanol, phenoxyethanol	PF	Yes	$	10 ml	Spray	OTC
Thera Tears Dry Eye Therapy (unit dose)					Sodium carboxymethylcellulose (0.25%)	Boric acid, calcium chloride, magnesium chloride, potassium chloride, sodium bicarbonate, sodium borate, sodium chloride, sodium phosphate	PF	Yes	$	24 x 0.6 ml	Eyedrop	Optometry

Thera Tears Liquid Gel					Sodium carboxymethylcellulose (1.0%)	Boric acid, calcium chloride, magnesium chloride, potassium chloride, sodium bicarbonate, sodium borate, sodium chloride, sodium phosphate	PF	Yes	$	30 x 0.6 ml	Eyedrop	Optometry
Viscotears					Carbomer 980 (0.2%)	Sorbitol, sodium phosphate, sodium hydroxide	Cetrimide	Remove CL before applying	$	10 g	Ointment	OTC
Viscotears Eye Gel (unit dose)					Carbomer 980 (0.2%)	Sorbitol, sodium phosphate, sodium hydroxide	PF	Remove CL before applying	$	30 x 0.6 ml	Eyedrop	OTC
VitaA-POS					Retinol palmitate (vitamin A) (138µg/g)	Mineral oil, lanolin, white soft paraffin	Polyaminopropyl biguanide	No	$	5 g	Ointment	OTC
Xailin Gel					Carbomer 980 (0.2%)	Sorbitol, sodium hydroxide	Cetrimide	Remove CL before applying	$	10 g	Ointment	Optometry