



# HUMAN CLINICAL STUDY

STRAINED EYES FROM TOO MUCH  
SCREEN USE? WANT TO UP YOUR  
ESPORTS GAME?

**BLACK CURRANT EXTRACT  
CURRANTCRAFT®  
IS EFFECTIVE AGAINST  
DIGITAL EYE FATIGUE**



 **CurrantCraft®**

Health through Nature

CurrantCraft® is an officially  
licensed trademark of





A recent cultural shift toward online platforms has resulted in increased screen time among children, students, working professionals, and esports athletes. This increased time in front of screens has made digital eye fatigue symptoms a very relevant problem.

## RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED HUMAN CLINICAL TRIAL

### THE OBJECTIVE



to examine the effects of **CurrantCraft®** European Black Currant Extract supplementation on symptoms of digital eye fatigue

### THE PARTICIPANTS

61



adult females, aged 30-59 who worked or studied 6+ hours per day in front of a screen

### THE INTERVENTION

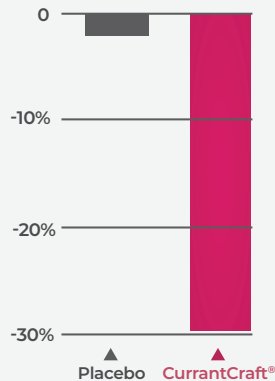


of capsules totaling 455 mg per day of **CurrantCraft®** Black Currant Extract, providing 50 mg anthocyanins; or placebo capsules

## THE RESULT

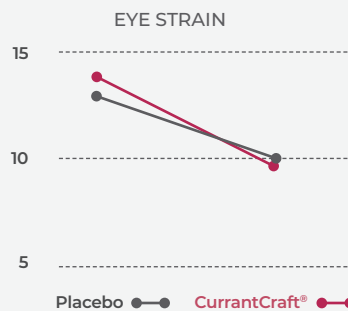
### BLURRED / DOUBLE VISION

Those in the **CurrantCraft®** group experienced a **drastic 29.9% reduction in symptoms** of blurry vision during the 70 day trial period.



### EYE STRAIN / DRY EYE

The **CurrantCraft®** group experienced a larger reduction of both eye strain and dry eye, compared to the placebo group.



## THE CONCLUSION

Daily supplementation of **CurrantCraft®** European Black Currant Extract is an effective tool to promote eye health, especially related to blurred vision symptoms of digital eye fatigue.

## THE CURRANTCRAFT® DIFFERENCE



European origin



Proprietary membrane extraction technology



Composition contains more holistic profile of the original fruit



Clinically validated

