SBL Cineraria Maritima Euphrasia Eye Drops

Homeopathic Eye Drops • Cataract Support • Eye Irritation • Infection Prevention • Long-Term Eye Health

SBL Cineraria Maritima Euphrasia (CME) Eye Drops are a carefully formulated homeopathic preparation combining seven botanical and mineral remedies in an isotonic saline base. Used for decades in homeopathic eye care, CME is particularly valued for its long-term preventive use in cataract-prone individuals — including those over 40 and diabetics — as well as for daily relief of eye strain, redness, irritation, and environmental reactivity. It is safe for long-term daily use and does not contain steroids or conventional pharmaceuticals.

Active Ingredients & Their Actions

CME contains seven active homeopathic ingredients, each selected for a specific aspect of ocular health:

Ingredient	Concentration	Homeopathic Action
Cineraria Maritima Q	1.50% w/w	Strengthens the eye's resistance to infection; supports lens clarity and helps prevent and slow the development of cataracts. Used in conjunctivitis and corneal cloudiness.
Euphrasia Officinalis Q(Eyebright)	1.00% w/w	Traditional herb for eye irritation — relieves redness, burning, watering, and swollen lids. Reduces frequent urge to blink. Known as the classic 'eye herb' in herbal medicine.
Calendula Officinalis Q	0.25% w/w	Anti-inflammatory and healing — reduces redness and irritation; promotes recovery after eye procedures or injury; helps with suppurative (pus-forming) conditions.
Kali Muriaticum 10x	0.25% w/w	Addresses white mucus discharge, corneal opacities, and superficial ulcers. Supports resolution of inflammatory conditions.
Calcarea Fluorica 10x	0.25% w/w	Targets flickering vision, sparks before the eyes, spots on the cornea, and conjunctivitis. Supports connective tissue integrity of the lens.
Magnesia Carbonica 10x	0.25% w/w	Relieves constant aching pain in the eyes accompanied by watering and excessive tearing.
Silicea 10x	0.25% w/w	Addresses light sensitivity (especially daylight), sharp dazzling pain, tender eyes, vision confusion, and styes. Eyes worse when closed.

Who Should Use These Drops

CME eye drops are appropriate for a broad range of patients and can be used as both a preventive and therapeutic tool. They are particularly recommended for:

- Anyone over age 40 — routine preventive use supports long-term lens and corneal health
- Diabetics — elevated blood sugar accelerates lens changes; CME supports lens integrity
- Digital device users — computer, phone, and screen-related eye strain and dryness
- Those with early-stage cataracts or family history of cataracts
- Patients with recurring conjunctivitis or eye infections
- Individuals with chronic dry eyes, redness, or light sensitivity
- Post-surgical eye care — supports healing after procedures
- Anyone exposed to environmental irritants: dust, smoke, pollution, chemicals

Dosage & Administration

Instil 1–2 drops into each eye, 3–6 times daily — or as directed by your provider

For long-term preventive use (cataract prevention, general eye health): continue for several months consistently. Results in degenerative conditions are gradual and cumulative — patience and consistency are essential.

- Wash hands thoroughly before applying drops to avoid contamination
- Tilt head back, gently pull lower eyelid down to create a pocket
- Hold dropper above the eye without touching the dropper tip to any surface or the eye
- Instil 1–2 drops into the lower conjunctival sac
- Blink gently to distribute the drops across the eye surface
- Keep bottle tightly closed when not in use; store in a cool, dry place
- Do not share with others to avoid cross-contamination
- Contact lens wearers: remove lenses before applying drops — lenses can absorb the botanical ingredients and become contaminated
- Wait at least 15 minutes after applying drops before reinserting contact lenses

Indications & Conditions Treated

- Cataract prevention and early-stage cataract support — slowing opacity development in the lens
- Conjunctivitis and other inflammatory conditions of the eye
- Eye strain from computer, phone, TV, or prolonged close work
- Redness, irritation, burning, and excessive watering
- Light sensitivity — photophobia and sensitivity to glare
- Foreign body irritation from dust, smoke, or environmental pollution
- Vehicle exhaust and environmental pollutant exposure
- Corneal opacities and tendency toward cloudiness of the crystalline lens
- Double vision and poor night vision
- Colours appearing faded or washed out
- Halo around lights
- Spring catarrh (seasonal allergic conjunctivitis)
- Post-operative eye recovery support
- Styes and eyelid inflammatory conditions

Safety Profile

CME eye drops are formulated with natural plant-derived and mineral homeopathic ingredients in an isotonic saline base (sodium chloride), making them gentle and well-tolerated for long-term use. They do not contain steroids, antibiotics, or synthetic preservatives at conventional pharmaceutical concentrations

- No significant side effects reported in clinical literature with standard use
- Generally free from common allergens — check ingredient list if known sensitivities exist
- Safe for long-term daily use — no steroid-related risks
- Boric acid (1.00% w/w) is included as a gentle antiseptic and buffering agent
- Consult your provider before use if pregnant, nursing, or using other ophthalmic medications
- If irritation worsens or persists after several days, discontinue and contact your provider
- Not a replacement for urgent ophthalmological care — sudden vision changes require immediate evaluation

Complementary Support

For optimal eye health, CME works best alongside:

- Lutein & Zeaxanthin (10–20 mg/day) — macular pigment protection and blue light filtering
- Astaxanthin (6–12 mg/day) — powerful antioxidant concentrated in ocular tissue
- Omega-3 fatty acids (DHA/EPA) — essential for tear film quality and retinal health
- Vitamin C (1,000–2,000 mg/day) — antioxidant protection for lens proteins
- Vitamin E (tocotrienols) — lens protection from oxidative damage
- Blood sugar management — critical for diabetics; glycation accelerates lens clouding
- Digital screen hygiene — 20-20-20 rule (every 20 min, look 20 feet away for 20 seconds)
- Annual or biannual dilated eye exam — monitor lens and retinal health

CME eye drops are safe, natural, and backed by decades of homeopathic use. For best results in cataract prevention or degenerative conditions, use consistently for several months. Daily preventive use is recommended for anyone over 40 or with diabetes.