

Formulated by  
**Julian Whitaker, MD**

**Pioneer and trusted authority of integrative medicine** whose 40+ years treating patients and researching health innovations—and work with supplement leader Healthy Directions—led to the development of **Ocular Pressure & Retina Defense™**, a targeted formula that supports healthy intraocular pressure and retinal health.†

Mirtogenol® is a registered trademark of Horphag Research and Indena and is protected by international and pending patents.

Mirtoselect® is a registered trademark of Indena S.p.A.

Pycnogenol® is a registered trademark of Horphag Research Ltd.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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# Ocular Pressure & Retina Defense™



Dietary Supplement | 30 CAPSULES

**Doctor's Suggested Use:** Take 1 capsule daily. For additional support, take 1 capsule twice daily.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

| Amount Per Serving                                                                 | % DV     |
|------------------------------------------------------------------------------------|----------|
| Mirtogenol® Proprietary Complex                                                    | 120 mg * |
| Mirtoselect® Bilberry Extract (fruit),<br>Pycnogenol® Maritime Pine Extract (bark) |          |

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, vegetable magnesium stearate, vegetable stearic acid, silica

Distributed by Healthy Directions, Bethesda, MD 20817

**UNCONDITIONALLY GUARANTEED** for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

**Precautions:** This product is not a treatment for glaucoma. Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications.

**Keep out of reach of children.**

SKU: HOP 02 02030, 2023 R-1

Please see bottom of bottle for Lot No. and Expiration Date

