

Ocular Pressure & Retina Defense™ contains Mirtogenol®, the first natural solution clinically shown to promote normal levels of intraocular pressure.†

UNCONDITIONALLY GUARANTEED for purity and potency. Store with cap tightly closed in a cool, dry place.

†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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HEALTHY DIRECTIONS®
Bethesda, MD 20817
healthydirections.com

DR. WHITAKER



Ocular Pressure & Retina Defense™

Clinically shown to support
healthy intraocular pressure†



Dietary Supplement

30 CAPSULES

Doctor's Suggested Use: Take 1–2 capsules daily.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving	% DV
Mirtogenol®† Proprietary Blend	120 mg *
Mirtoselect®§ Bilberry Extract (fruit), Pycnogenol®◆ French Maritime Pine Extract (bark)	

* Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, stearic acid, silicon dioxide

WARNING: This product is not a treatment for glaucoma. Pregnant or lactating women should consult a health care professional before taking this product.

Keep out of reach of children.



Gluten Free

SKU: HOP 02 C12000, 2016 R-1

Exp. Date

Lot No.