

Can Mirtogenol® Supplement Be Used To Treat Glaucoma?

Mirtogenol® Supplement For Glaucoma

Of the supplements available to treat glaucoma, Mirtogenol® is the one that I am most likely to recommend. It has both evidence of benefit as well as a track record of being well-tolerated with few side effects.

What is Mirtogenol®

Mirtogenol® is composed of extracts from bilberry (Mirtoselect®) and French maritime pine bark (Pycnogenol®). These extracts have been shown to increase the blood flow to the eye.

Evidence that Mirtogenol® Can Be Used To Treat Glaucoma:

Initial evidence that Mirtogenol® could lower IOP was published in 2008^[1]. Although the study size was small (20 patients treated with Mirtogenol®, 18 patients untreated) Mirtogenol® taken orally twice daily was shown to decrease IOP by 3mmHg after two months of therapy. Additionally, 95% of the patients who took Mirtogenol® experienced a reduction in IOP.

In a study published in 2010^[2] Mirtogenol® (120mg taken once daily) was shown to lower IOP almost as much as prostaglandin analog eye drops (one of the more effective classes of glaucoma medications). In addition, when Mirtogenol® was combined with the use of a prostaglandin analog the IOP was reduced even further. The amount of additional IOP reduction was similar to what I generally expect from adding another class of prescription eye drop.

One limitation of Mirtogenol® is that its **effect on IOP** is not immediate. It took six times as long as latanoprost (24 vs 4 weeks) for the full effect of Mirtogenol® (120mg taken once daily) to appear. Based on the 2008 study, however, it may be possible to speed up the response by taking a larger initial dose (120mg taken twice daily).

Potential Side Effects and Risks of Mirtogenol®:

No serious side effects from Mirtogenol® were noted in the above studies. Indeed, according to the authors of the 2010 study, “serious side-effects have never been reported for Mirtoselect® and Pycnogenol®, despite their decades-old use in ophthalmology”.

Recommended Dosage:

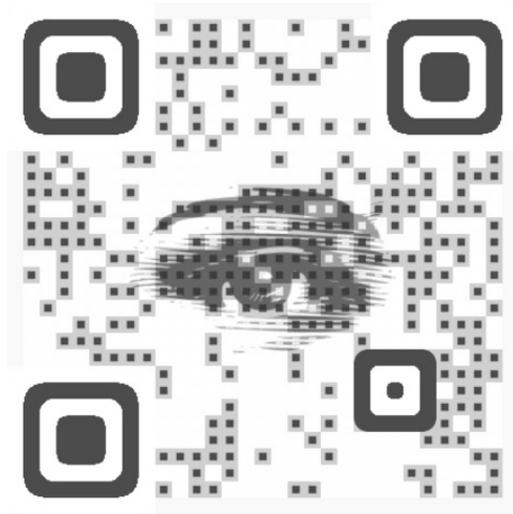
Mirtogenol® tablets contain 80mg of Mirtoselect® bilberry extract and 40mg of Pycnogenol® French maritime pine bark extract. The above studies instructed their patients to take one (2010 study) or two (2008 study) tablets of Mirtogenol® each day.

Where To Buy Mirtogenol® and Cost:

Interested on taking Mirtogenol® supplement to treat your glaucoma? [Mirtogenol® can be found on Amazon.com](#) (\$25-30 for a two to four week supply)..

References:

1. Steigerwalt RD, Belcaro G, Paolo M, Bombardelli E, Burki C, Schönlau F. Effects of Mirtogenol on ocular blood flow and intraocular hypertension in asymptomatic subjects. *Mol Vis.* 2008;14:1288–1292.
2. Steigerwalt Jr, R. D., Belcaro, G., Morazzoni, P., Bombardelli, E., Burki, C., & Schonlau, F. (2010). Mirtogenol potentiates latanoprost in lowering intraocular pressure and improves ocular blood flow in asymptomatic subjects. *Clinical Ophthalmology*, 471-476.



SCAN ON MOBILE FOR A QUICK WEBSITE ACCESS

[CONTINUE READING -> MORE GLAUCOMA TREATMENT ARTICLES](#)

Like What You're Reading? → Join hundreds other VIP subscribers!

Get fresh glaucoma treatments updates, promos, and freebies delivered to your inbox! No spam, ever.

© 2013 [New Glaucoma Treatments](#) | Glaucoma Healthhub by [Dr. David Richardson, MD](#) | Managed by [1OBM](#)