

# Horsechestnut Complex

M1338

Quality is our Passion  
 Passion Flower (*Passiflora incarnata*)

## Horsechestnut Complex: Standardized Vein Support

Horsechestnut Complex is a unique combination of Butcher's Broom root and rhizome, Horsechestnut seed and a special, highly concentrated flavonoid extract manufactured from Ginkgo leaf that supports normal circulation.\*

Clinical trials in Europe suggest that to be effective Horsechestnut seed extract and Butcher's Broom should contain substantial levels of the important plant constituents: escin and ruscogenin respectively. Standardized Ginkgo extract, containing 24% ginkgo flavonglycosides (also written ginkgo flavone glycosides) has been extensively investigated in clinical trials.1\*

### Healthy circulation

As well as the heart, the cardiovascular system includes blood vessels:2

- arteries which carry blood away from the heart
- veins that carry blood from the extremities back to the heart
- capillaries that are involved with exchange at the tissue level\*3

Under normal conditions, this is a closed system: the blood never leaves the vessels. Capillaries are very small and in intimate contact with the surrounding tissues. The fluids that nourish the peripheral tissues, the wastes that are excreted, the oxygen, water and food that are absorbed all enter and leave at the capillaries. The cardiovascular system is closely associated with another system involved in circulation: the lymphatics. When the plasma in the blood vessels leaves the capillaries, it becomes interstitial fluid (called lymph), and is eventually drained back into the bloodstream. This movement of plasma relates to two phenomena: blood pressure, and the build up of fluid in the peripheral tissues.2\*

## How Horsechestnut Complex Keeps You Healthy Supports healthy circulation and maintains healthy tissue fluid levels

A statistical analysis of the results of randomized, controlled clinical trials was conducted in 2006. It found that standardized Horsechestnut seed extract supported healthy circulation to the legs, and supported healthy tissue fluid levels in the legs.3 A placebo-controlled trial found that Butcher's Broom extract also showed these benefits.4\*

In two controlled trials, standardized Horsechestnut seed extract produced favorable results in quality of life scores.5\*

Standardized Ginkgo extract also supports healthy circulation to the legs,6 which may be due to supporting healthy blood flow to the capillaries.7\*\*

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	30	
Amount per Serving		%DV
Calories	3	
Calcium	60 mg	6%
Butcher's Broom root & rhizome 4:1 extract	200 mg	†
from <i>Ruscus aculeatus</i> root & rhizome 800 mg		
Containing ruscogenin 20 mg		
Horsechestnut seed 6:1 extract	200 mg	†
from <i>Aesculus hippocastanum</i> seed 1.2 g		
Containing escin 36 mg		
Ginkgo leaf 50:1 extract	30.5 mg	†
from <i>Ginkgo biloba</i> leaf 1.5 g		
Containing ginkgo flavonglycosides 7.3 mg		

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica, sodium starch glycolate and enteric coating.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Product No** M1338  
**Content** 30 Enteric Coated Tablets



**Associate Professor Kerry Bone**  
 MediHerb Co-Founder and  
 Director of Research and Development

### A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Horsechestnut Complex M1338

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

## Promotes vein integrity and normal blood vessel tone

Clinical studies give a clue as to the ways in which standardized Horsechestnut seed extract supports healthy circulation and healthy tissue fluid levels in the legs. These include:

- promoting the structural integrity and function of the blood vessels, by helping the healthy synthesis of proteoglycans in the blood vessel walls<sup>1,3,8</sup>
- supporting healthy tone in the veins<sup>1,9\*</sup>

Proteoglycans are important substances used in constructing the blood vessel wall.<sup>8</sup> An important characteristic of the vascular system is that all the blood vessels are flexible. This means they are able to increase or decrease in diameter as needed, to adjust to blood pressure, blood flow and the volume of blood they are required to carry. The tone of blood vessels, especially in the veins, is an important factor in determining their diameter. The tone of the veins at a given point in time needs to match the healthy requirements of the circulatory system.<sup>10\*</sup>

A clinical study also found that Butcher's Broom might be of benefit by supporting healthy tone in the veins.<sup>4,11\*</sup>

## Supports the vascular system in the occurrence of occasional, mild constipation

Horsechestnut and Butcher's Broom have been used traditionally to support the vascular system in the occurrence of occasional, mild constipation.<sup>12\*</sup>

## What Makes Horsechestnut Complex Unique

Horsechestnut Complex is unique in the professional herbal products industry because:

- The label states exactly how much each tablet contains of the important plant constituents (escin, ruscogenin, ginkgo flavonglycosides)
- MediHerb tests raw materials for the quantity of:
  - escin in Horsechestnut
  - ruscogenin in Butcher's Broom
  - ginkgo flavonglycosides in Ginkgo

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards

### References

- <sup>1</sup> ESCOP Monographs: *The Scientific Foundation for Herbal Medicinal Products*, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003.
- <sup>2</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- <sup>3</sup> Pittler MH, Ernst E. *Cochrane Database Syst Rev* 2006; (1): CD003230
- <sup>4</sup> Vanscheidt W, Jost V, Wolna P et al. *Arzneim Forsch* 2002; **52**(4): 243-250
- <sup>5</sup> Ottilinger B, Greeske K. *BMC Cardiovasc Disord* 2001; **1**: 5
- <sup>6</sup> Horsch S, Walther C. *Int J Clin Pharmacol Ther* 2004; **42**(2): 63-72
- <sup>7</sup> Jung F, Mrowietz C, Kiesewetter H et al. *Arzneim Forsch* 1990; **40**(5): 589-593
- <sup>8</sup> Kreysel HW, Nissen HP, Enghofer E. *Vasa* 1983; **12**(4): 377-382
- <sup>9</sup> Bombardelli E, Morazzoni P, Griffini A. *Fitoterapia* 1996; **67**(6): 483-511
- <sup>10</sup> Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000.
- <sup>11</sup> Rudofsky G. *Fortschr Med* 1989; **107**: 430-434
- <sup>12</sup> British Herbal Medicine Association. *A Guide to Traditional Herbal Medicines: A sourcebook of accepted traditional uses of medicinal plants within Europe*. BHMA, Bournemouth, 2003.



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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