

Herbal formula for the treatment of varicose veins, telangiectasia and hemorrhoids

INDICATIONS:

- Varicose veins
- Telangiectasia
- Hemorrhoids
- Venous insufficiency

Varicare™ contains the ingredients of a popular European botanical remedy used for the treatment of varicose veins, hemorrhoids and venous support that acts by decreasing venous congestion and supports connective tissue formation.

Veins when exposed to increased pressure become dilated to form varicose veins, which appear close to the skin surface as swollen and twisted veins, often blue in colour. It is estimated that ten million Americans suffer from varicose veins and millions more have chronic venous insufficiency. With respect to hemorrhoids, in the US there are over 10 million sufferers and over a million new cases each year, resulting in 3.5 million physician visits and 1.5 million prescriptions.¹

Women are more likely to develop varicose veins or hemorrhoids than men as pregnancy and hormonal changes associated with menopause are key contributing factors. Several factors contribute to an increase in venous pressure during pregnancy due to: an increase in blood volume, enlargement of the

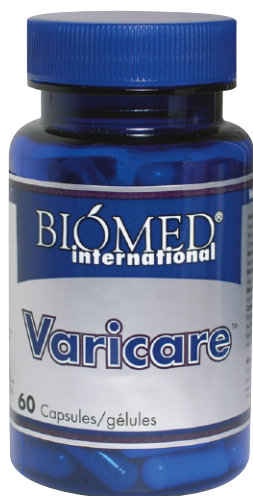
uterus putting pressure on the pelvic vein and the inferior vena cava and an increase in progesterone causing venous walls to relax. About 10 percent of women 65 or older experience varicose veins and seven percent develop hemorrhoids (which are rectal varicose veins). Other factors that can contribute to varicose veins are obesity and family history.

Although varicose veins can occur anywhere on the body, they are most common on the legs. Varicose veins result when blood flows back down the leg due to a malfunction of the one-way flap valve in a vein. This leads to a build up of pressure which eventually causing the blood vessel to stretch and bulge under the skin. When blood flows backwards into capillaries telangiectasia (spider veins) and purple discoloration develop. The symptoms of varicose veins can range from simply annoyance and aesthetic disfiguration to pain, soreness, burning, aching, cramping, muscle fatigue and a feeling of "restless legs". In serious cases they can potentially lead to the loss of a limb or life.

In North America, conventional treatment for varicose veins usually takes the form of compression stockings, vein stripping (removal of the varicose vein) and vein sclerotherapy (closing the vein by injecting it with a fluid). Other simple techniques such as regular exercise (to increase circulation), weight management and not standing erect for extended periods and elevating one's feet can help in minimizing the likelihood or spread of varicose veins. Treatment for hemorrhoids ranges from OTC ointments to surgery. Although, historically more common in Europe, there are herbal remedies that are effective in providing relieve from varicose veins and hemorrhoids. The ingredients in Varicare™ reflect this European tradition of natural treatment.

Horse chestnut (*Aesculus hippocastanum*) contains flavonoids and tannins that provide anti-inflammatory and astringent benefits, and features bioactive saponins, which have long been used in Europe to relieve painful leg conditions. Extensive studies conducted in Europe on horse chestnut have shown that it helps to increase blood flow, strengthen connective tissue, tighten up veins and decrease redness and swelling. One of its compounds, Aescin, has been found to close the small pores in the walls of the veins, making them less permeable. This strengthens the vein walls and reduces leakage of fluid into the surrounding tissues. An analysis of 13 randomized clinical trials and observational studies concluded that horse chestnut extract is a safe and effective treatment for varicose veins.² At least three studies compared horse chestnut therapy to compression stocking therapy. One of these studies found them both to be the effective method of treat-

continued on back page



Each vegetarian capsule contains:

Ingredients		Mode of Action
Aesculus hippocastanum (Horse chestnut)	500mg	Treats slack veins & hemorrhoids
Vaccinium myrtillus L. (Bilberry)	150mg	Treats mild inflammation
Ginkgo biloba (Ginkgo) 24:6	40mg	Antioxidant & flavonoid properties, improves blood circulation & regulated blood vessels tone & elasticity

Other ingredients: magnesium stearate, silicon dioxide and microcrystalline cellulose.

Side Effects: none.

Contraindications: Do not use in individuals with known or suspected sensitivity to listed ingredients. Individuals with liver or kidney disease should avoid horse chestnut.

Warning: none

ADULT DOSAGE: Take one capsule two times a day or as directed by a practitioner.

VARICARE™

ment of patients with edema resulting from chronic venous insufficiency.³ A second study concluded that horse chestnut seed extract is an economical and effective therapy, which has the advantage over compression therapy of better patient compliance.⁴ A third states "Due to its ability to close the venular endothelial gaps, horse chestnut seems to be a suitable and protecting therapy during the early stages of chronic venous insufficiency (CVI). In later, more severe stages, compression therapy is indicated. Taking into account the observed negative impact of compression on quality of life, pharmacological CVI therapy (using horse chestnut extract) should start early to avoid progress and to spare patients compression therapy".⁵ The German Commission E approves the use of horse chestnut for treatment of varicose veins and hemorrhoids.

Bilberry (*Vaccinium myrtillus*) contains flavonoids and anthocyanin, which have been shown to be useful in treating vascular disorders such as varicose veins. Anthocyanosides are antioxidants that protect blood vessels from free radicals and strengthen capillaries which

otherwise become more fragile with age. Several clinical trials, in Italy, demonstrate the effectiveness of bilberry in treating leg circulation problems, varicose veins and hemorrhoids.⁶ In one study bilberry cause patients to experience a reduction in a feeling of heaviness, pain and burning in their legs.⁷ Two studies involving the use of bilberry by pregnant women with varicose veins and hemorrhoids (total of 115 women) concluded that the herb lead to improvements in symptoms including pain, burning and pruritis – most of which disappeared in most cases, with no side effects.^{8,9}

Ginkgo (*Ginkgo biloba*) the third herb in Varicare™ is widely recognized for its use in a wide range of vascular disorders. Ginkgo increases blood flow and has been successfully used as an aid in the treatment of arterial leg pain¹⁰ and hemorrhoids. A 22 patient study involving the use of ginkgo biloba with hemorrhoid sufferers revealed it to be acceptable and safe in the treatment of patients with acute hemorrhoidal attacks.¹¹

References

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