

Hawthorn

Cardiovascular Support*

Hawthorn flowers and leaves are traditionally used to/as:

- ✓ Support healthy **circulatory function**
- ✓ Support healthy **cardiovascular/heart function**
- ✓ Support **healthy functioning** of the **heart muscle**
- ✓ Provide **antioxidant** activity
- ✓ A **heart tonic/cardiogenic***

MediHerb Hawthorn contains a standardized herbal extract of Hawthorn, which provides the equivalent of 1 g of dry Hawthorn flowers and leaves and 6 mg of the flavonoid vitexin-2-rhamnosides per tablet.

Both the leaves and the flowers of this herb contain phenols and flavonoid with antioxidant activity.¹⁻³ These antioxidants can help assist in protecting the body against many sources of oxidative stress, such as ultraviolet (UV) light, atmospheric pollution, poor diet and stress itself.^{4*}

Traditional Use

The traditional use of **Hawthorn** dates to the first Century A.D. when Dioscorides and Galen both referred to the herb. In the late 19th century in Europe and the United States, it became well used and sought after as a cardiac (heart) tonic and one of the most important traditional remedies for the cardiovascular and circulatory system.^{1,5-9*}



Suggested Use:

1 tablet 2-3 times daily, or as directed.

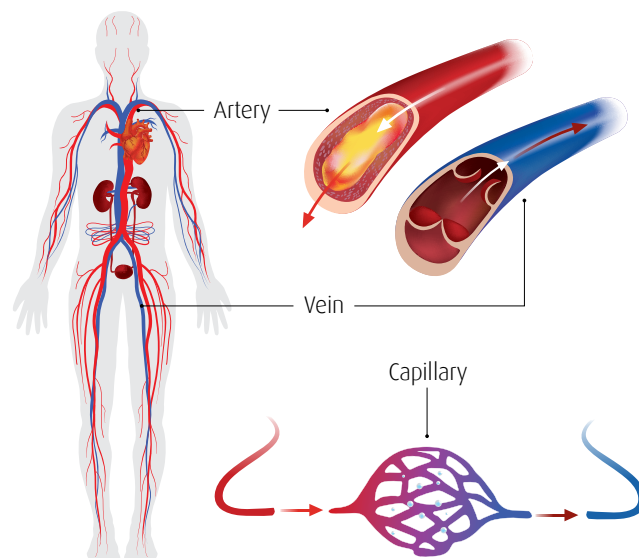
Supplement Facts

Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	43 mg	4%
Hawthorn leaf & flower 4.8:1 extract from <i>Crataegus monogyna</i> leaf & flower 1.0 g Containing vitexin-2-rhamnoside 6.01 mg	223 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose, magnesium stearate and silicon dioxide.

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

Figure 1: The Cardiovascular and Circulatory System¹⁰



How Hawthorn Supports Your Health:



Cardiovascular Support:

- Based on the long-standing traditional use of Hawthorn flowers and leaves, it supports healthy functioning of the cardiovascular system, which is comprised of the heart and large network of blood vessels (i.e. arteries, veins and capillaries) that convey the movement of blood, and with it the transport of nutrients, oxygen and water to all cells throughout the body.^{10*}



Antioxidant Activity Support:

- Hawthorn provides cellular antioxidant support, providing protection to the body against many sources of oxidative stress.^{4*}

References

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- ² Braun L, Cohen M. *Herbs & Natural Supplements - An evidence-based guide*. 4th ed. Volume 2. Sydney: Churchill Livingstone; 2015.
- ³ Nabavi SF et al. *Polyphenolic Composition of Crataegus monogyna* Jacq.: From Chemistry to Medical Applications. *Nutrients*. 2015 Sep 11;7(9):7708-28.
- ⁴ Trainor A. *Vital Reaction. Hydroxyl Radical Explained*. 2019. Available from: <https://www.vital-reaction.com/blogs/news/hydroxyl-radical>
- ⁵ Bone K, Mills S. *Principles and Practice of Phytotherapy*. 2nd Edition, Churchill Livingstone, Sydney, 2013.
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- ⁷ World Health Organization. *WHO monographs on selected medicinal plants. Crataegus monogyna*. World Health Organization, Volume 2, Geneva, 2002, pp.66-82.
- ⁸ Mills S. *The A-Z of Modern Herbalism. A Complete Guide to Practical Herbal Therapy*. Thorsons / Harper Collins Publishers, London, 1989.
- ⁹ British Herbal Medicine Association. *British Herbal Pharmacopoeia*. Bournemouth: British Herbal Medicine Association; 1996.
- ¹⁰ Visible Body. *Blood Vessel Structure and Function: How the Circulatory Network Helps to Fuel the Entire Body*. 2020. Available from: <https://www.visiblebody.com/learn/circulatory>



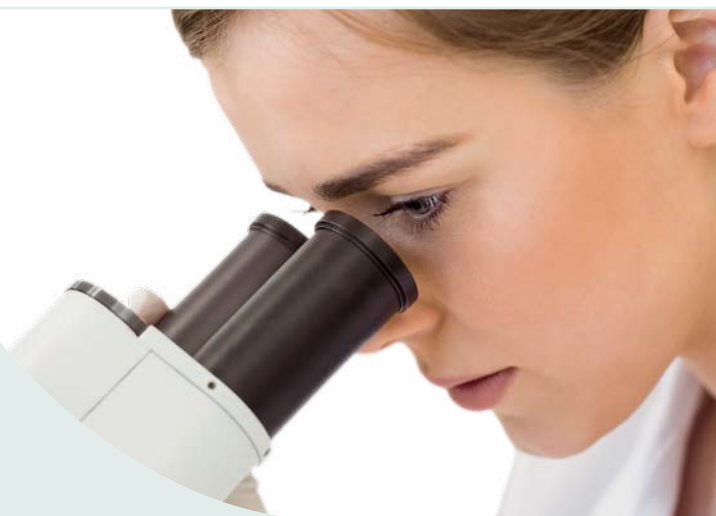
MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



Please consult the product packaging label for the most accurate product information.

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