

# Vascular Care Complex

## Vascular System Support\*

Vascular Care Complex contains Butcher's Broom, Horsechestnut and Ginkgo.

Ginkgo is used to:

- ✓ Assist healthy blood circulation
- ✓ Assist in the maintenance of healthy peripheral circulation
- ✓ Provide antioxidant activity

Butcher's Broom and Horsechestnut are traditionally used in herbal preparations to:

- ✓ Support and maintain healthy tissue fluid levels, including in the legs
- ✓ Provide support for the vascular system in the occurrence of occasional, mild constipation\*

**MediHerb Vascular Care Complex** contains Butcher's Broom, Horsechestnut and Ginkgo, each of which is standardized to provide active components of ruscogenin, escin and ginkgo flavonglycosides (respectively). Vascular Care Complex has been designed specifically to assist healthy circulation and support for the entire vascular system, including your legs.\*

## The Importance of Blood Vessels and Your Circulatory System

The circulatory system is comprised of a large network of blood vessels which transport the blood throughout the body in a circular manner. Taken together, the estimated length of all blood vessels in the body is about 60,000 miles – enough to encircle the earth almost three times! Blood vessels include arteries, veins and capillaries, with arteries transporting oxygenated blood away from the heart to the rest of the body, and veins returning it back towards the heart to yet again become oxygenated by the lungs. The much finer capillaries connect the larger branches of arteries and veins, but also surround the body's cells and tissues to provide them with oxygen and nutrients, while removing wastes and carbon dioxide. Veins are very different from arteries, however. Their walls are thinner and less elastic, and the pressure needed to push the blood upwards is not as great. Hence, they rely on internal valves that open and close to prevent the backflow of blood as it travels upwards from the lower parts of the body (i.e. the legs) towards the heart.<sup>1</sup> Supporting the overall vascular system helps to keep the veins in your legs in normal



M1785 60 Tablets

HEALTHY BLOOD CIRCULATION\*

SUPPORT HEALTHY TISSUE FLUID LEVELS\*

HORSECHESTNUT, BUTCHER'S BROOM & GINKGO

### Suggested Use:

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

### Supplement Facts

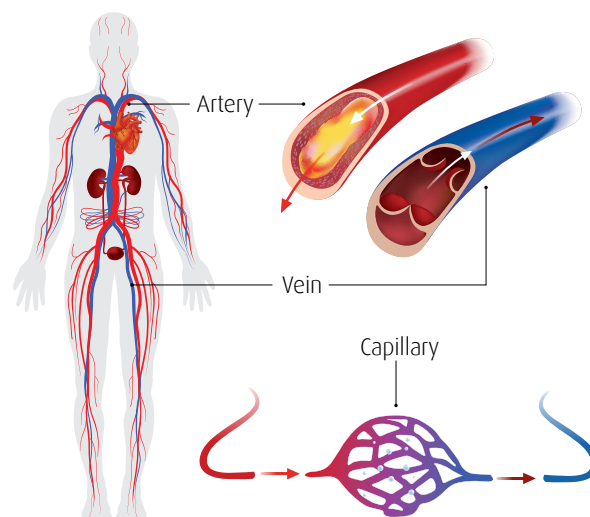
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Butcher's Broom root & rhizome 4:1 extract from <i>Ruscus aculeatus</i> root & rhizome 800 mg Containing ruscogenin 20 mg	200 mg	†
Horsechestnut seed 6:1 extract from <i>Aesculus hippocastanum</i> seed 1.2 g Containing escin 36 mg	200 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.5 g Containing ginkgo flavonglycosides 7.3 mg	30.5 mg	†
† Daily Value (DV) not established.		

**Other Ingredients:** Microcrystalline cellulose, dibasic calcium phosphate dihydrate, dextrose, sodium starch glycolate, ethyl cellulose, ammonium hydroxide, fatty acids, oleic acid, silicon dioxide, magnesium stearate, sodium carboxymethylcellulose, talc (magnesium silicate) and polydextrose.

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

working order and the natural circulation going. Supporting the vascular system can also help those veins affected by straining during mild, occasional constipation and maintain normal healthy tissue fluid levels in the legs.<sup>2</sup>

Figure 1: The Blood Vessels & Circulatory System of the Body<sup>1</sup>



## How Vascular Care Complex Supports Your Health:



### Circulation Support:

- *Ginkgo biloba* - which is one of the world's oldest living tree species and known as a 'living fossil' - is an incredibly popular herb that has been studied and recommended in Europe for decades.<sup>3</sup> Research supports its use to aid general circulation, as well as microcirculation to the more distant (peripheral) parts of the body such as your hands, feet and legs.\*



### Maintain Healthy Veins:

- Ginkgo's reputable vascular effects are further complemented by Butcher's broom<sup>4,8,9</sup> and Horsechestnut (from another well-known European tree),<sup>4,5,8-10</sup> both of which are traditionally used to maintain healthy veins (including those affected by mild occasional constipation) and normal tissue fluid levels, especially in the legs.\*
- Overall, the traditionally used and researched herbs in Vascular Care Complex provide targeted vascular and circulatory support throughout the body.\*



### Antioxidant Activity:

- Provides potent antioxidant activity, helping to protect the body's cells against oxidative stress.\*<sup>3-7</sup>

## References

- <sup>1</sup> Visible Body. Blood Vessel Structure and Function: How the Circulatory Network Helps to Fuel the Entire Body. 2021. Available from: <https://www.visiblebody.com/learn/circulatory/circulatory-blood-vessels>
- <sup>2</sup> Hoffmann D. *Medical Herbalism. The Science and Practice of Herbal Medicine*. Healing Arts Press, Vermont, 2003.
- <sup>3</sup> Braun L, Cohen M. *Herbs & Natural Supplements - An evidence-based guide*. 4th ed. Volume 2. Sydney: Churchill Livingstone; 2015.
- <sup>4</sup> Bone K, Mills S. *Principles and Practice of Phytotherapy*. 2nd Edition, Churchill Livingstone, Sydney, 2013.
- <sup>5</sup> Bradley P. *British Herbal Compendium*. British Herbal Medicine Association, Volume 2, Bournemouth, 2006.
- <sup>6</sup> Suter A, Niemer W, Klopp R. A New Ginkgo Fresh Plant Extract Increases Microcirculation and Radical Scavenging Activity in Elderly Patients. *Adv Ther*. 2011 Dec; 2011, **28**(12):1078-88.
- <sup>7</sup> Mehlsen J et al. Effects of a Ginkgo biloba extract on forearm haemodynamics in healthy volunteers. *Clin Physiol Funct Imaging*. 2002 Nov;**22**(6):375-8.
- <sup>8</sup> European Scientific Cooperative on Phytotherapy. *ESCO Monographs*. 2nd ed. Exeter: Thieme; 2003.
- <sup>9</sup> Blumenthal M. *The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines*. Volume 1, Austin: American Botanical Council; 1998.
- <sup>10</sup> Bone K. *A Clinical Guide to Blending Herbs*. St. Louis: Churchill Livingstone; 2003.



## 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 ingredients to bottling 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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\*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.