

HAWTHORN SUPREME

Ultimate Support of
Cardiovascular Function*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES
Hawthorn berry (<i>Crataegus spp.</i>)	240 mg
Hawthorn leaf & flower (<i>Crataegus spp.</i>)	100 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Oligomeric procyanadins	40 mg
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FOOD FOR THOUGHT

Hawthorn trees grow readily in the northern temperate zones of North America, Europe and East Asia. Each of these zones appreciates a long traditional history of Hawthorn as both food and folk remedy. The earliest records declared the Hawthorn tree as a symbol of marriage, love and hope. Later, it gained a reputation for its properties. For the American Eclectics, Hawthorn was considered specific for maintaining heart function. The Chinese and Native Americans used Hawthorn to promote healthy circulation. For all cultures blessed with Hawthorn trees, the berries provided food. It is the berries, flowers, and leaves used primarily as a cardiac tonic. Reported uses also include digestive tonic.

The nutritional benefits extend to the cardiovascular system, as Hawthorn is considered specifically nourishing to the system. Rich bioflavonoids are present in Hawthorn, and may help offset the lack of bioflavonoids in typical American foods. These bioflavonoids promote connective and cardiovascular tissue integrity. There are two groups of active flavonoids in Hawthorn. One group of flavonoids promotes normal rhythmic activity of the heart, while the other group reinforces the collagen tissue of the cardiovascular system.

Today, Hawthorn is recognized in significant scientific literature for its influence on heart function. Besides the above-mentioned actions relating to bioflavonoid content, Hawthorn is shown to help maintain normal cholesterol levels, to have good antioxidant properties, and to generally economize heart action. The German Commission E includes Hawthorn leaf and flower for maintenance of cardiovascular function. Hawthorn is a classic tonic, in that it gently helps maintain healthy heart function.

Hawthorn flowers and leaves possess similar properties and chemistry to the Hawthorn berry. While the berries are higher in certain constituents, the flower and leaf are higher in others. They have been combined here in Hawthorn Supreme to offer the full spectrum of Hawthorn's chemistry.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these

DOSAGE

1 Liquid Phyto-Cap, 2 times daily

DURATION OF USE

4-6 months or longer, for best results

BEST TAKEN

Between meals, with warm water

formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation.

DRUG INTERACTIONS

Consult a physician if taking any pharmaceutical drugs.

COMPLEMENTARY HERBS/FORMULAS

Hawthorn Berry Solid Extract, Anti-Oxidant Supreme, Ginkgo Leaf

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THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.