



Vari-Gone Capsules and Cream

Herbal blend and topical cream to enhance venous circulation

As we grow, older our veins tend to lose their tone and elasticity, rendering the task of returning blood to the heart more difficult. The veins in the lower half of the body are subject to additional stress and often start to break down. Over time, they can become gnarled, bluish cords known as varicose veins or fine, purple webs, known as spider veins. Poor venous blood flow will also cause swelling or edema in the legs and feet, which can result in legs feeling heavy and sore and aching feet.

Vari-Gone is an herbal formula combining herbs and nutrients that strengthen, tone and improve the elasticity of blood vessels. The ingredients in Vari-Gone also improve venous circulation and reduce swelling in the legs and feet. This can improve the function and appearance of veins, helping relieve problems like varicose veins, spider veins, leg swelling and heaviness and hemorrhoids—which are varicose veins in the area of the rectum. The anti-inflammatory, astringent, and vasoconstrictive properties of Vari-Gone also prevent further deterioration of the cardiovascular system.

Vari-Gone contains the following ingredients:

Butcher's Broom extract: Widely used in Europe to prevent post-operative thrombosis (blood clotting after surgical operations) without thinning the blood. Butcher's broom is also recognized for its vasoconstrictive and anti-inflammatory benefits. It has been proven beneficial in helping to reduce and heal varicose veins and improve circulation, particularly in the legs.

Butcher's Broom contains glycolic acid and steroidal saponins which support circulation, prevent leakage from capillaries and maintain blood viscosity. These saponins are very similar in structure to the saponins found in the wild yam which explains their potent anti-inflammatory nature. They also have been proven to increase blood flow to the brain.

Horse Chestnut extract: This is another herb widely used in Europe that is also generally recognized in the U.S. for its anti-inflammatory and astringent properties. Similar in appearance to the "chestnuts roasting on an open fire" of Nat King Cole fame, these chestnuts aren't consumed as food because of a mild toxicity. But they contain saponins, tannins, coumarins (natural blood thinners) and flavonoids,

which can be extracted to produce a non-toxic product that is very beneficial to circulation. Horse chestnut extract is beneficial to venous circulation and an excellent remedy for varicose veins and other venous problems.

Another beneficial effect of horse chestnut extract is that it increases blood flow to the prostate and gastric areas. By increasing capillary permeability it also decreases edema by allowing fluid in the tissues to return more readily to the bloodstream.

Flavonoids and Vitamin C: Vari-Gone also contains three flavonoids (rutin, hesperidin and lemon bioflavonoids). These flavonoids are known to strengthen capillary walls, reduce capillary fragility and increase the tone and integrity of venous walls. They help provide veins with the elasticity they need to keep blood flowing back towards the heart. Vitamin C works hand in hand with bioflavonoids to tone capillaries and blood vessels. It also acts as an antioxidant and helps reduce inflammation.

A topical form of the Vari-Gone formula is also available for topical application directly to varicose veins, spider veins or other affected areas. Vari-Gone Cream contains the butcher's broom and horse chestnut extracts, plus aloe vera juice and yellow sweet clover extracts. Aloe vera is a soothing mucilaginous herb that reduces inflammation and irritation to tissues. Yellow sweet clover, a relative of alfalfa also known as melilot, is a blood thinning agent. It helps prevent blood clotting.

Directions: For the Vari-Gone capsules, take one or two twice daily with meals. The Vari-Gone cream should be applied directly to affected areas. Because the horse chestnut in this formula, the Vari-Gone capsules may be contraindicated for use with people who are taking blood thinners or who suffer from bleeding disorders. There are no other known warnings or contraindications for either product.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Steven Horne.
- Herbal Medicines: A Guide for Health Care Professionals* by Carl A. Newall, Linda A. Anderson and J. David Phillipson.
- Textbook of Advanced Herbology* by Terry Willard.
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier.

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