

Dave's Vascular Health Formula

- **Vascular support**
- **Circulation**

Vascular Health Formula is a combination of herbs designed to support cardiovascular health.

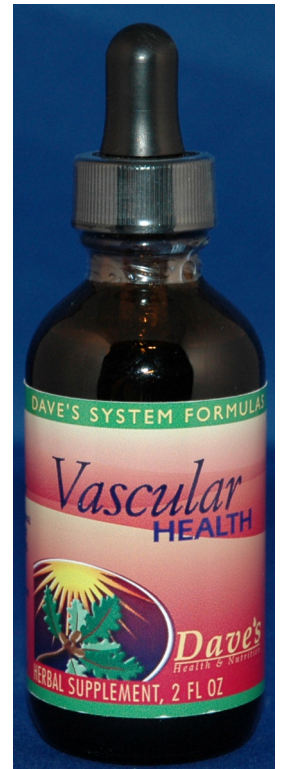
Vascular health is the state of health of your arteries and veins. A healthy vascular system and heart keep our body functioning well.

When we have poor vascular health our arteries can accumulate plaque and cholesterol and put us at risk for heart attack or other heart-related diseases.

Natural medicine sees poor vascular health as stress and tension which can lead to arterial tension and abnormally high blood pressure. Stress, along with poor diet choices, is one of the largest factors for poor cardiovascular health. We can support vein health naturally by avoiding tobacco, alcohol, and fast foods.

Vascular wellbeing comes from a healthy lifestyle, a combination of a good diet, exercise, rest and relaxation and other healthy choices.

Formula includes: Gingko biloba leaf, Cramp bark, Hawthorn berry, Linden flower, and Cayenne fruit.



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Herbal Formula

Ginkgo biloba leaf constituents support normal brain function through increased flow of blood to the periphery.

Cramp bark has been traditionally used for smooth muscle support as it relieves symptoms of cramping or spasms. It has been used for female issues such as a woman's tendency toward miscarriages, painful periods, and false labor pains. It assists gastrointestinal and urinary systems and supports bowel muscle tone.

Hawthorn berry has been used for hundreds of years as a heart tonic to support overall cardiovascular function and is a super antioxidant. Hawthorn also assists in maintaining nervous system function. Europeans use the flower and the leaf while Americans use the berry.

Linden flower traditional uses include reducing fevers and help regulate normal function of the central nervous system. It has been used as a cardio and nerve tonic, reducing overall nervous tension in the body.

Cayenne fruit has been used traditionally to support the cardiovascular system and muscle function. Recent uses of cayenne are to support healthy digestion and circulation. Cayenne reduces sticky platelets which may improve blood flow.

Traditional herbal uses

- Brain function support
- **Cardiovascular support**
- Cold hands and feet
- **Muscle tension**