

CARDIO SUPPORT DROPS™

NPN: 80129358

1 mL (32 Drops) of Oral Tincture contains:

10:1 dried extracts of:

Hawthorn Fruit (317.7 mg DHE* – *Crataegus laevigata*)

Skullcap (85.0 mg DHE* – *Scutellaria lateriflora* aerial parts)

Indian Sarsaparilla (38.6 mg DHE* – *Hemidesmus indicus* root)

Peppermint (35.2 mg DHE* – *Mentha x piperita* leaf)

Hawthorn Flower & Leaf (31.8 mg DHE* – *Crataegus laevigata*)

European Mistletoe (31.8 mg DHE* – *Viscum album* leaf)

Cayenne (2.0 mg DHE* – *Capsicum annuum* fruit)

Non-medicinal ingredients:

purified water, ethanol USP, glycerin, spearmint flavour.

*DHE = Dry Herb Equivalent

Directions of Use:

Adults, take 1-3 ml, 3 times daily. Shake well. Use for at least 2 months to see beneficial results.

Indication:

Used in Herbal Medicine to help relieve restlessness and/or nervousness, and to help maintain/support cardiovascular health in adults.

Detailed Information:

Cardio Support Drops™ is an hydroethanolic tincture consisting of seven (7) herbal ingredient extracts, mainly hawthorn fruit and skullcap herb, but also lesser amounts of Indian sarsaparilla root, peppermint leaf, hawthorn leaf & flower, European mistletoe leaf, and cayenne fruit that, together, are supportive and complementary to the Cardio Support Drops™ formulation when it is taken as recommended as a calmative and/or for maintenance/support of cardiovascular health in adults. Anxiety and associated disorders are commonly associated with the onset and progression of cardiovascular diseases¹. Inasmuch, calmative agents are integral components of products like Cardio Support Drops™ that are taken to maintain/support cardiovascular health.

Hawthorn preparations have long been considered among the most valuable tonic remedies for the cardiovascular system⁷. They are used Traditionally to strengthen and invigorate the heart and circulatory function², based on their mildly sedative, analgesic, antispasmodic, antiarrhythmic, diuretic, hypotensive, hypothermic, vasodilatory, and cardiotoxic actions³.

Hawthorn has been indicated for the refractory period⁸. Randomized, placebo-controlled, double-blind clinical studies have demonstrated hawthorn fruit extracts to be effective in improving exercise tolerance and quality of life in patients with congestive heart failure (NYHA Stage II)⁹. Similarly, hawthorn leaf & flower preparations have been clinically shown to increase exercise capacity in patients with congestive heart failure (NYHA Stage II)¹¹ and patients with heart failure-related signs and symptoms¹², as well as to increase maximum workload and reduce blood pressure/heart rate product concomitant with improving dyspnea and fatigue¹³, and to significantly reduce resting diastolic blood pressure, and reduce anxiety¹⁴. Hawthorn preparations help to dissolve deposits in thickened and sclerotic arteries¹⁵, have positive inotropic effects on human heart muscle, help to reduce stimulus threshold, and increase coronary vasodilation¹⁶. They have been clinically shown to increase the force of heart muscle contraction and lengthen the refractory period¹⁷. They are cost-effective alternatives/ adjuncts to chemical-synthetic drugs for mild forms of arrhythmia and tachycardia, and for early treatment of cardiac insufficiency¹⁸. On the basis of available evidence, there are no known risks associated with the long-term use of hawthorn^{3,4,8}.

Skullcap aerial parts are used (Traditionally) in Herbal Medicine as a sleep aid¹⁹. It is among the best anxiolytic (anti-anxiety) agents available to herbalists to help strengthen, support and calm the nervous system^{20,21}. One of its main active constituents, the flavone baicalein, has demonstrated cardioprotective effects in numerous in vitro and in vivo animal studies^{22,23}, supporting the Traditional use of skullcap also for functional cardiac disorders attributable to nervous causes, and that are associated with an intermittent pulse²⁴. It is considered to be one of the four main ingredients of Traditional herbal formulations for weakness of the heart²⁰.

Indian sarsaparilla root has not been used in any clinical trials, but has a long history of use in Ayurvedic Medicine as an alternative/restorative tonic and “blood purifier”^{25,26}. While having similar properties to American sarsaparilla (*Smilax* spp.), including as an anti-inflammatory, its higher content of coumarin may at least partially contribute to the broader use of Indian sarsaparilla root and its “blood purifying” properties. These properties complement the Cardio Support Drops™ formulation when taken as recommended.

Peppermint leaf is well known for its use in the treatment of various digestive complaints²⁷, including flatulent dyspepsia, and to help reduce the tone of the gastroesophageal sphincter²⁸, making it useful to help reduce or alleviate sympathetic spasms that can manifest as heart palpitations^{2,6,7}. Peppermint leaf, itself, is a common folk remedy for heart palpitations²⁹, circulatory problems, heart muscle weakness, and heart disturbances attributable to intestinal gas, dyspepsia and/or indigestion^{6,7}.

European mistletoe leaf preparations are used orally in Traditional Herbal Medicine as cardiotoxic and cardioprotective agents with mild hypotensive action^{30,31,32}. They have been described as particularly helpful in the relief of subjective symptoms associated with cardiovascular deficiencies, for which there is early clinical support^{33,34,35}.

Cayenne fruit is well known for its stimulant and counterirritant effects, and has long been recognized as one of the most powerful and persistent of cardio-stimulants known, with a primary influence on circulation³⁶, even when only very small amounts are consumed³⁷. It is used Traditionally in Herbal Medicine to help support peripheral circulation when taken at a dry weight equivalent dosage of 15-650 mg/day³⁸. Its main active constituent, capsaicin, has also been shown to increase the permeability of epithelial cells of the gastrointestinal tract to ions and macromolecules^{39,40}, thereby facilitating the absorption of medicinal agents and other herbs with which it is co-administered.

The specific combination of herbal extract ingredients making up the **Cardio Support Drops™** formulation is unique, and provides a safe, gentle and effective product for its licensed use as a Natural and Non-prescription Health Product as a calmative to help relieve restlessness and/or nervousness and to help maintain/support cardiovascular health in adults.

Cautions and Warnings:

Consult a health care practitioner prior to use if you have heart disease, high blood pressure, high cholesterol, anemia, bleeding/clotting disorders, stomach ulcer or gallstones, or if you are taking other medications and/or supplements. Consult a health care practitioner if symptoms persist or worsen. Store away from children.

Contra-Indications:

Do not take if you are pregnant or breastfeeding.

Known Adverse Reactions:

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity/allergic reactions are known to occur; headaches, dizziness, light-headedness, and thirst may occur, in which case discontinue use.



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