

## Product Profile

### HEALTHY HEART TONIC

(Formerly known as Cactus • Hawthorn Compound)

Cardiovascular Tonic

A blend of the liquid extracts of:

- **Hawthorn berry, leaf & flower** (Crataegus spp.) 35%
  - \* **Cactus Grandiflorus stem** (Selenicereus grandiflorus) 30%
  - **Motherwort leaf & flower** (Leonurus cardiaca) 25%
  - **Ginger rhizome** (Zingiber officinale) 10%
- \* Fresh • Dried

**Actions:** Hawthorn's flavonoids have been shown to enhance the connective tissue structure of the endothelial lining of the heart cavities and the blood and lymph vessels, thus optimizing their resiliency against the damages of injury, disease, stress, and aging. Hawthorn dilates the coronary artery and thereby enhances blood flow to the myocardium (heart muscle). By inhibiting phosphodiesterase, Hawthorn's flavans have a favorable effect on the myocardium's calcium metabolism, thereby increasing its contractile power and promoting its normal rhythm.

**Uses:** This compound is a **restorative and nutritive tonic for the heart** specifically, and the circulatory vessels in general. Although not a specific remedy for any one heart condition, it is still very much recommended as supportive therapy in any functional derangement of the heart such as: **angina, valvular deficiency** (with or without enlargement), **endo-myocarditis** and **pericarditis, tachycardia, "rheumatic heart," cardiac neuralgia, palpitation, "heart weakness"** and associated neurasthenia. It also serves well as adjunct therapy in the treatment of hypertension.

**Dose:** Three times per day, take 30 to 40 drops in water. Take last dose of the day just before bedtime.

**Cautions:** Heart disease and hypertension can be very serious health problems and should be treated under the guidance of a qualified healthcare practitioner. Hawthorn can potentiate the cardiac glycoside action of Digitalis (or other related drugs like Digitoxin, Digoxin, Gitalin,). Therefore, those who take these drugs while taking Hawthorn should have their heart medication monitored by a physician.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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