

## Product Profile

### HEALTHY VEINS TONIC

(Formerly known as Collinsonia • Horse Chestnut Compound)

Restorative Venous Tonic

A blend of the liquid extracts of:

* <b>Stoneroot leaf, flower &amp; rhizome</b> (Collinsonia can.)	24%
• <b>Horse Chestnut seed</b> (Aesculus hippocastanum)	24%
• <b>Butcher's Broom rhizome</b> (Ruscus aculeatus)	24%
* <b>Rosemary leaf</b> (Rosmarinus off.)	18%
• <b>Prickly Ash bark</b> (Zanthoxylum clava-herculis)	10%

\* Fresh • Dried

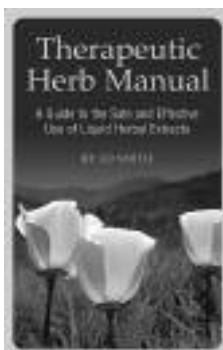
**Actions:** Improves tone of venous endothelium, and reduces vascular fragility. Inhibits perivascular edema by reducing permeability of venous walls, and facilitates reabsorption of edematous fluids back into the capillaries. Platelet anti-aggregate constituents assist in preventing venous thrombosis.

**Uses:** Venous stasis and atony of venous circulation: **varicose veins, hematomas, phlebitis, and chronically incompetent veins**; cramps, heaviness and fatigue in the legs, particularly at the end of the day; painful veins during menstruation; **hemorrhoids** (piles); prevention and treatment of **thrombosis** and **thrombophlebitis**; **edematous swelling** of bruises, fractures, strokes and brain trauma; **lymphoedema** and **lymphostasis**; **cold hands and feet**.

**Dose: Preventative tonic:** One or two times per day, take 20 to 30 drops in water. **Restorative tonic for chronic conditions:** Three times per day, take 30 to 40 drops in water. **Acute:** Three to five times per day, take 40 to 50 drops in water. **Note:** Do not take more than 150 drops within 24 hours. During pregnancy, or for continued use, take the restorative tonic dose 6 days per week, for 6 weeks; then skip a week (take no drops); then repeat the same cycle again. **Topical:** Apply gently over troubled area (varicose veins, bruises, hematomas, etc.). Can be used undiluted in most cases, but should be diluted (50 drops per ounce of water) for sensitive areas and hemorrhoids. Apply around broken skin and varicose ulcers but not directly to them — it is best to use HERBAL SALVE here.

**Adjunct Therapy:** CONNECTIVE TISSUE TONIC is helpful as a restorative to venous and capillary connective tissues. Take 40 drops 2 or 3 times per day. LIQUID LIGHTNING can be applied to varicose veins to improve local circulation and enhance action of above compounds. Apply as described above under "Topical." For associated pigmentation, eczema and skin ulcers apply HERBAL ED'S SALVE. ECHINACEA EXTRACT should be used during any inflammatory stage (phlebitis, "burning" veins or hemorrhoids, etc.). Take 30 to 40 drops, 3 to 5 times per day. Physiotherapy for legs: External elastic support (stockings or bandages) can often ameliorate symptoms and may impede progression of venous deterioration. This can be especially important in pregnancy. Here the woman should put on support stockings before she first stands on arising. To relieve edema and other complications, the legs should be elevated above heart level several times during the day. For sleeping, the foot of the bed should be raised about 2 inches. Avoid standing or sitting for more than one hour at a time. Obesity is a contributory cause of varicose veins — lose weight if need be.

**Cautions:** Because of the Horse Chestnut in this compound, consult a qualified midwife or physician before taking in pregnancy. Although venous disease can often be mild and self-limiting, some cases can become serious health problems and, with the associated danger of pulmonary embolism, can be a threat to life. It is therefore important that venous disease be treated by a qualified healthcare practitioner.



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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