

Quality is our Passion
Passion Flower (*Passiflora incarnata*)

Hawthorn: The Heart's Best Friend

Clinical trials in Europe suggest that to be effective Hawthorn leaf and flower extract should contain substantial levels of the important plant constituents: flavonoids and catechin polymers, also known as oligomeric procyanidins (OPCs). In these trials, Hawthorn leaf and flower extract was used to support cardiovascular health.^{1,2} Extracts of herbs may be 'standardized' – this means they must contain a certain amount of important constituents. Top quality Hawthorn leaf and flower extracts are standardized to contain a certain amount of catechin polymers (OPCs) and vitexin-2-rhamnoside (a flavonoid). There are more of these compounds in the leaf and flower of Hawthorn compared to the berry.^{3*}

How MediHerb Hawthorn Keeps You Healthy

Hawthorn supports the healthy functioning of the heart muscle

Hawthorn leaf and flower extract supports the healthy functioning of the heart muscle. It may do this by helping to ensure a normal force of contraction and normal heart rate.² Hawthorn products standardized for OPCs and flavonoids may enhance the efficiency of the heart and improve exercise tolerance (the heart's response to exercise).^{2,4*}

Hawthorn helps maintain healthy blood pressure and coronary blood flow

Hawthorn leaf and flower extract may also help maintain healthy blood pressure within a normal range and promote healthy blood flow through the heart. It may do this by helping the normal relaxation of the blood vessels of the heart.^{2,5*}

Hawthorn provides antioxidant protection

Studies that investigate the effect of people's diet on health have shown a link between the intake of flavonoids and reduced risk of cardiovascular diseases. This may be due to their antioxidant activities.⁵ (Antioxidants help protect cells from the damaging effects of excessive free radicals. Free radicals are highly reactive substances created in the body that may injure cells.) The beneficial cardiovascular effect of Hawthorn leaf and flower may be due to the antioxidant activity of its flavonoids and OPCs.^{2,5*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	60 mg	6%
Hawthorn herb flowering top 3:1 extract from <i>Crataegus monogyna</i> herb flowering top 1.0 g	334 mg	†
Containing vitexin-2-rhamnoside 6.01 mg and catechin polymers 15 mg		
† Daily Value (DV) not established.		

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1330	40 Tablets

Hawthorn M1330



A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

What Makes MediHerb Hawthorn Unique

Hawthorn from MediHerb is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (catechin polymers and vitexin-2-rhamnoside)
- MediHerb tests the quantity of OPCs and vitexin-2-rhamnoside in Hawthorn raw material
- MediHerb's testing also ensures the vitexin-2-rhamnoside is retained in the product throughout manufacture

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

- ¹ Pittler MH, Schmidt K, Ernst E. *Am J Med* 2003; **114**(8): 665-674
- ² American Herbal Pharmacopoeia. Hawthorn Leaf with Flower – *Crataegus* spp.: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, February 1999.
- ³ Kartnig T, Hiermann A, Azzam S. *Sci Pharm* 1987; **55**(2): 95-100
- ⁴ Vogel JH, Bolling SF, Costello RB et al. *J Am Coll Cardiol*; **46**(1): 184-221
- ⁵ Chang WT, Dao J, Shao ZH. *Am J Chin Med* 2005; **33**(1): 1-10



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MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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