



FACT SHEET



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| Product: | Varicodyn™ |
| Suitable for: | People suffering from varicose veins and spider veins |
| Ingredients: | Horse Chestnut ext 20% saponins 300mg Butcher's Broom root 300mg Grapeseed Extract 95% PAC's 20mg Vitamin K 0.3mg (50% RDA) Dicalcium Phosphate Microcrystalline Cellulose Magnesium Stearate |
| Recommended dose: | For adults only – take 1 tablet twice a day. No not exceed the stated dose. |
| Contraindications: | Varicodyn™ should not be taken by anyone with kidney or liver disease. |
| Documented side effects: | In rare cases, oral intake of horse chestnut may cause itching, nausea and upset stomach. Occasionally, butcher's broom can cause nausea. |

Drug interactions: Herb-drug interactions are possible between horse chestnut and heparin, ticlodipine and warfarin. There are also several drug interactions possible with vitamin K. No interactions have been reported between butcher's broom or grapeseed extract and prescription medications.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Pittler MH, Ernst E. Horse chestnut seed extract for chronic venous insufficiency. *Cochrane Database Syst Rev*. 2006 Jan 25;(1):CD003230.

Siebert U, Brach M, Sroczynski G, Berla K. Efficacy, routine effectiveness, and safety of horse chestnut seed extract in the treatment of chronic venous insufficiency. A meta-analysis of randomised controlled trials and large observational studies. *Int Angiol*. 2002 Dec;21(4):305-15.

Blumenthal M, Busse WR, Goldberg A, et al. (eds). *The Complete Commission E Monographs: Therapeutic Guide to Herbal Medicines*. Boston, MA: Integrative Medicine Communications, 1998, 148–9.

Vanscheidt W, Jost V, Wolna P, et al. Efficacy and safety of a Butcher's broom preparation (*Ruscus aculeatus* L. extract) compared to placebo in patients suffering from chronic venous insufficiency. *Arzneimittelforschung* 2002;52:243–50.

Joshi SS, Kuszynski CA, Bagchi D. The cellular and molecular basis of health benefits of grape seed proanthocyanidin extract. *Curr Pharm Biotechnol* . 2001;2(2):187-200.

Yamakoshi J, Saito M, Kataoka S, et al. Safety evaluation of proanthocyanidin-rich extract from grape seeds. *Food Chem Toxicol* . 2002;40(5):599-607.