

HAWTHORN

Traditionally used in Western phytotherapy as a cardiac tonic.

90 capsules 330 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80012544



History²

Hawthorn is a shrub that grows in the northern hemisphere. Used by Greeks in antiquity, and in Traditional Chinese Medicine as far back as 650 years before the common era, it has been used to treat cardiovascular problems in particular. Its therapeutic effects were studied in the early 20th century prior to the development of standardized extracts in the 1980s. Many clinical trials have been carried out, particularly on patients suffering from congestive heart failure.

Today, hawthorn is included in a number of official Pharmacopoeias, notably in China, Europe, UK, France, and Germany. It is available by prescription in Europe but sold over the counter in the USA and Canada.

Effectiveness

The therapeutics effects of this plant have yet to be fully explained, but its activity may be due to a synergy between various components. Hawthorn contains flavonoids and procyanidins, which are well-known antioxidants.

A number of clinical trials³ have demonstrated that standardized extracts of hawthorn are as effective as adjuvant treatments for class I and II congestive heart failure (on a scale of 4, from the New York Heart Association). Its effectiveness is also recognized by the European Scientific Cooperative on Phytotherapy (ESCOP), the Commission E, and the World Health Organization (WHO).

ESCOP and WHO also both endorse the traditional use of hawthorn as a support for healthy cardiovascular function.

MEDICINAL INGREDIENT

Hawthorn fruit (*Crataegus oxyacantha*)..... 330 mg

NON-MEDICINAL INGREDIENTS

Hypromellose, cellulose and magnesium stearate.

RECOMMENDED DOSE

Adult: 2 capsules 3 times daily. Take with a glass of water.

WARNINGS

- Do not use during pregnancy or while breastfeeding.
- Consult a health care provider if you use medications for the heart, and/or hypotensors.
- This medication can cause nausea, tiredness, sweating and cutaneous eruptions.
- This medication can also cause vertigo.
- Consult a health care provider if you experience undesirable reactions.

CRATAEGUS OXYACANTHA

USDA Classification¹
 Kingdom: Plantae
 Division: Magnoliophyta
 Class: Magnoliopsida
 Order: Rosales
 Family: Rosaceae
 Genus: *Crataegus* L.
 Species: *Crataegus oxyacantha* L.

Security

Based on a study involving more than 2600 patients followed over a 2-year period, Holubarsch CJF et al. concluded in 2008 that the use of hawthorn extract was safe and that there were no interactions with classical medical treatments.⁴



LEO DESILETS

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Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

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Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche Crataegus monogyna J.** United States Department of Agriculture. *Natural Resources Conservation Service*. Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=CRMO3> (accessed 28.01.2015)

² **Passeport Santé. Aubépine.** Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=aubepine_ps (accessed 28.01.2015)

³ **Pittler MH et al.** Hawthorn Extract for Treating Chronic Heart Failure. *Cochrane Database Syst. Rev.* (1):CD005312. 2008

⁴ **Holubarsch CJF et al.** The Efficacy and Safety of Crataegus Extract WS 1442 in Patients with Heart Failure: the SPICE Trial. *The European Journal of Heart Failure.* 10:1255-1263. 2008

