

# HORSE CHESTNUT

Used in herbal medicine to help treat chronic venous insufficiency and associated symptoms as well as varicose veins.

**90 capsules 375 mg**

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80002656

## History<sup>2</sup>

The horse chestnut tree is native to the Balkans and western Asia, particularly Turkey. It was from there in 1576 that Charles de L'Écluse, a French botanist, brought some seeds back with him. The tree then spread across Europe over the next two centuries, due to its medicinal virtues and ornamental value. From a therapeutic point of view, various preparations have been developed using its leaves, seeds, or tree bark. These have been used to treat venous circulation disorders, such as heaviness and swelling in the legs, varicose veins, and also hemorrhoids.



BPF  
GMP

### MEDICINAL INGREDIENT

Horse chestnut seed (*Aesculus hippocastanum*) / standardized at 20% escin..... 375 mg

### NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and gelatin.

### RECOMMENDED DOSE

Adult: 1 capsule 2 times daily, 1 in the morning and 1 at night. Take with a glass of water.

### WARNINGS

- Consult a health care provider if symptoms persist or worsen.
- Consult a health care provider prior to use if you are pregnant or breastfeeding.

### KNOWN ADVERSE REACTION

Some people may experience headache, dizziness, gastric irritation or itchiness.

### AESCULUS HIPPOCASTANUM

USDA Classification<sup>1</sup>  
 Kingdom: Plantae  
 Division: Magnoliophyta  
 Class: Magnoliopsida  
 Order: Sapindales  
 Family: Hippocastanaceae  
 Genus: *Aesculus* L.  
 Species: *Aesculus hippocastanum* L.

## An effective treatment

The medicinal virtues of horse chestnut have been detailed widely in the research literature. Many studies have validated the effectiveness of extracts of the plant's seeds for treating venous insufficiency, such as those listed here, non-exhaustively:

- A 2006 meta-analysis involving 543 patients (6 double-blind, placebo-controlled clinical studies) found that horse chestnut seed extracts were effective and safe for the treatment of venous insufficiency<sup>3</sup>.
- Another literature review carried out in Switzerland in 2006 involving 5 clinical trials (4 involving patients with venous insufficiency and 1 involving patients with varicose veins) corroborated the effectiveness of horse chestnut, its tolerance among treatment patients, and its safety for use<sup>4</sup>.
- Finally, in 2002, a meta-analysis evaluated 13 randomized controlled trials (involving 1051 patients) and 3 observational studies (involving 10725 patients). This study also corroborated the effectiveness and safety of horse chestnut seed extracts<sup>5</sup>.

Today the effectiveness of horse chestnut seed extracts is well established. It is recognized by the German Commission E, ESCOP and the WHO for alleviating symptoms of venous insufficiency in the legs: pain, heaviness, swelling, nocturnal cramps, and itching.



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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

<sup>1</sup> **Aesculus hippocastanum L. - horse chestnut.** *USDA Plants Database.* Available online at: <http://plants.usda.gov/core/profile?symbol=AEHI> (accessed 04.03.2015)

<sup>2</sup> **Fiche Marronnier d'Inde.** *Passeport Santé.* Available online at: [http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=marronnier\\_inde\\_ps](http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=marronnier_inde_ps) (accessed 04.03.2015)

<sup>3</sup> **Pittler MH, Ernst E.** *Horse chestnut seed extract for chronic venous insufficiency.* *Cochrane Database of Systematic Reviews.* Issue 11. Art. No : CD003230. 2012

<sup>4</sup> **Suter A, Bommer S, Rechner J.** *Treatment of patients with venous insufficiency with fresh plant horse chestnut seed extract: a review of 5 clinical studies.* *Adv ther.* 23(1):179-90. 2006

<sup>5</sup> **Siebert U, Brach M, Sroczynski G, Berla K.** *Efficacy, routine effectiveness, and safety of horsechestnut seed extract in the treatment of chronic venous insufficiency. A meta-analysis of randomized controlled trials and large observational studies.* *Int Angiol.* 21(4):305-15. 2002

