

## Gotu Kola Max-V

### DESCRIPTION

Gotu Kola Max-V, provided by Douglas Laboratories, supplies 100 mg of standardized Gotu kola extract in each vegetarian capsule.

### FUNCTIONS

*Centella asiatica*, also known as Gotu Kola, is an herb native to southeast Asia and India. Several saponins, notably asiaticoside, make gotu kola a useful botanical extract for promoting vascular health. Gotu kola can help strengthen the microvasculature, which in turn enhances blood circulation to the legs. Traditionally, gotu kola may also be used to support healthy energy levels and promote relaxation.

### INDICATIONS

Gotu Kola Max-V may be a useful dietary adjunct for individuals wishing to supplement with this herb.

### FORMULA (#77340)

#### 1 Vegetarian Capsule Contains:

Gotu Kola extract(standardized) .....	100 mg
Gotu Kola(non standardized) .....	100 mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

Arpaia MR, Ferrone R, Amitrano M, et al. Effects of Centella asiatica extract on mucopolysaccharide metabolism in subjects with varicose veins. *International Journal of Clinical Pharmacology Research* 1990;10:229-33.

Belcaro GV, Grimaldi R, Guidi G. Improvement of capillary permeability in patients with venous hypertension after treatment with TTFCA. *Angiology*. 1990 Jul;41(7):533-40

Cesarone MR, Laurora G, De Sanctis MT, et al. [The microcirculatory activity of Centella asiatica in venous insufficiency. A double-blind study]. *Minerva Cardioangiol* 1994;42:299-304.

Pointel JP, Boccalon H, Cloarec M, et al. Titrated extract of Centella asiatica (TECA) in the treatment of venous insufficiency of the lower limbs. *Angiology* 1987;38:46-50.

**For more information on Gotu Kola Max-V visit [douglaslabs.com](http://douglaslabs.com)**

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

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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