

## **Varitonin™**

### **Comprehensive Venous and Circulatory Support**

#### **DESCRIPTION**

Varitonin™ capsules, provided by Douglas Laboratories®, contain a synergistic blend of vitamin C, hesperidin methyl chalcone, and standardized extracts of horse chestnut, butcher's broom, and gotu kola for comprehensive vascular support.

#### **FUNCTIONS**

**Vitamin C:** Foremost among vitamin C's (ascorbic acid) many biological functions, is its role in capillary health. Vitamin C is essential for the synthesis of collagen and glycosaminoglycans, which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the cross-linking of collagen fibers - lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for capillary health.

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the vasculature as well as the eyes, lungs, blood and the immune system.

**Horse Chestnut (Aesculus hippocastanum):** A multitude of phytochemicals contribute to the beneficial properties of horse chestnut, including a composite of triterpenoid saponin glycosides collectively known as aescin. Horse chestnut also contains numerous flavonoids, including quercetin and kaempferol, sterols, and tannins.

Horse chestnut is widely recommended to promote the strength and integrity of the veins and capillaries. Numerous research studies have documented the beneficial effects of horse chestnut supplementation, finding it comparable to traditional measures for encouraging vascular health. Horse chestnut extract has been shown to reduce capillary permeability. Horse chestnut also enhances venous tone and promotes diuresis.

**Butcher's Broom (Ruscus aculeatus):** Physicians as far back as ancient Greece have recognized the beneficial properties of butcher's broom. Scientists have since identified several active components of butcher's broom, including triterpenes, steroid saponins, and sapogenins. Ruscogenin and neuroscogenin are two specific steroidal components responsible for butcher's broom ability to constrict blood vessels. In addition to enhancing venous tone, butcher's broom helps reduce capillary permeability. Butcher's broom is frequently used in Europe in combination with hesperidin methyl chalcone and vitamin C to enhance vascular health.

**Gotu Kola (Centella asiatica):** Several saponins, notably asiaticoside, make gotu kola a useful botanical extract for promoting vascular health. Gotu kola helps strengthen the microvasculature, which in turn enhances blood circulation to the legs. Gotu kola may also help avoid excess fluid retention in the lower extremities.

**Hesperidin Methyl Chalcone:** Hesperidin methyl chalcone is a methylated derivative of the flavonoid hesperidin. Hesperidin methylchalcone supports and protects the integrity of the vascular system with particular activity in the capillaries and veins. Hesperidin methylchalcone has been shown to help strengthen capillaries by increasing capillary resistance and decreasing capillary permeability. Increased venous motility, tone, and the ability of vessels to dilate are also enhanced by hesperidin methylchalcone.

#### **INDICATIONS**

Varitonin™ may be a useful dietary supplement for those who wish to support and protect the health of their veins and circulatory system.

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#### FORMULA (VRT)

Each Vegetarian capsule contains:

Vitamin C (as L-ascorbic acid) .....	250mg
Horse chestnut seed (Aeculus Hippocatanum), dried extract, min. 20% saponins calculated as aescin .....	250mg
Hesperidin Methyl Chalcone .....	125mg
Gotu Kola leaf (Centinella asiatica) dried extract, min. 10% asiaticosides, min. 16% triterpenes, .....	60mg
Butcher's Broom rhizome (Ruscus aculeatus) dried extract, 10% saponins calculated as ruscogenins, .....	50mg

#### SUGGESTED USE

1 to 2 capsules 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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**For more information on Varitonin™ 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.

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Your patients trust you.**