



CIRCUFLOW®

*Sustaining healthy levels of important nutrients
essential for proper heart function*

CIRCUFLOW

Contains:

*Hawthorn Berries
Equisetum Concentrate
Vitamin C
Taurine
Arginine
Chromium Picolinate
Selenium*

Hawthorn's Usage

*Angina
Arrhythmia
Arteriosclerosis
Atherosclerosis
Improves anaerobic capacity
Lowers blood pressure
Lowers pulse rate
Lowers cholesterol levels
Strengthens heart contractions*

Horsetail, or Equisetum arvense

*... is reported to contain
approximately 2 to 3%
elemental silicon... which
is necessary for maintaining
flexible arterial walls.*

Chromium

*Chromium lowers cholesterol
levels while improving the ratio
of the "good" cholesterol to
the "bad."*

Selenium & Vitamin C

*Selenium and vitamin C
are two of the most
important antioxidants in
the nutritional world...*

Taurine & Arginine

*... taurine... is essential
to properly metabolize sodium,
potassium, calcium and
magnesium and may protect
the heart muscle from
potassium depletion...*

*Supplementation with
arginine helps to restore
healthy function to the
blood vessels...*

Since 1985, CircuFlow has continued to be a leading supplement due to its significant effects on maintaining healthy circulation. CircuFlow has an impressive combination of ingredients associated with a healthy heart and arteries. Our tried and true formula contains hawthorn berries, horsetail, vitamin C, taurine, arginine, chromium picolinate and selenium.

The beauty of CircuFlow, as with all of our products, is how perfectly balanced the formula works with the body. Hanna Kroeger, founder and master herbalist, has combined all the ingredients in ideal proportions so the body experiences the full potential of the formula. Kroeger Herb Products has always been a great source when it comes to high-quality, reliable health products that signify good health.



Hanna Kroeger

HEART HEALTH

One of the most pressing health concerns today is heart health. A considerable body of traditional and scientific research shows that herbs and nutritional supplements have substantial effects to maintain a healthy heart. Many people with chronic heart conditions, who are not responding to standard medical treatments, have shown improvements with herbal or other nutritional alternatives. Physicians in Europe and Asia consider natural methods standard medical protocols.

HERBS

In Germany one of the most frequently prescribed treatments for heart conditions is the herb hawthorn (*Crataegus oxyacanthoides*). Current monographs on hawthorn indicate that it is useful for

heart insufficiency by strengthening heart contractions, lowering blood pressure and pulse rate, as well as improving physical work and anaerobic capacity (the ability to continue functioning in low oxygen conditions). The berry from hawthorn is widely employed for arrhythmia (irregular



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heartbeats, palpitations), high blood pressure and hardening of the arteries. Clinical and laboratory research findings abound that hawthorn may be beneficial in treating heart conditions, including arrhythmia, angina, athero-sclerosis, high blood pressure and elevated cholesterol levels.

Horsetail, or Equisetum arvense, is reported to contain approximately 2 to 3% elemental silicon (Bradley 1992), which is necessary for maintaining flexible arterial walls and plays an important role in heart health. Silicon levels decline as we age, so higher levels are needed by the elderly who are most concerned about their heart and arteries (Balch & Balch 1997).

*Selenium deficiencies
are associated with
the development of
elevated
cholesterol levels ...*

NUTRITIONAL SUPPLEMENTS

Many nutritional substances are linked to heart health. Calcium, magnesium and potassium are essential for healthy heart muscle function and the research findings on these minerals have been well publicized in recent years.

Deficiencies of chromium may increase the risk of arteriosclerosis. Chromium lowers cholesterol levels while improving the ratio of the "good" cholesterol to the "bad" (Balch & Balch 1997).

*... taurine has
demonstrated benefits
for those with hardening
of the arteries and high
blood pressure.*

Selenium deficiencies are associated with the development of elevated cholesterol levels and cardiomyopathy (chronic heart muscle disorder). Weaknesses in the heart muscles of grazing livestock have been noted in areas with selenium deficient soils (Werbach 1996) (Balch & Balch 1997). Due to

decades of chemical farming practices, which deplete the land of many minerals over time, selenium and chromium deficient soils in produce and grazing farm-land are quite common (Balch & Balch 1997).

Selenium and vitamin C are two of the most important antioxidants in the nutritional world and are frequently recommended for those with heart conditions to protect against stroke and stroke related damage. Vitamin C also provides protection against capillary breakage, leakage, excessive clotting, and helps lower high cholesterol levels (Balch & Balch 1997) (Werbach 1996). Hawthorn is reported to contain significant amounts of a specific class of flavonoids (chemical relatives of vitamin C). These particular flavonoids have potent "vitamin P" action that maintains capillary wall strength while increasing intracellular vitamin C levels (Murray 1995).

Research on the amino acid taurine suggests that it may be beneficial for those patients with congestive heart failure conditions. It is essential to properly metabolize sodium, potassium, calcium and magnesium and may protect the heart muscle from potassium depletion, which could lead to serious irregularities in the heartbeat. Deficiencies may also cause abnormalities in blood platelet function (Balch & Balch 1997).

The amino acid arginine may also be critical in maintaining heart and circulatory health because it is the only source for nitric oxide, an essential substance for healthy blood vessel function and structure. Supplementation with arginine helps to restore healthy function to the blood vessels, including relaxing the walls, which may be beneficial in high blood pressure conditions (Weil 1997).



The Heart of Herbal Health™