



## Name Ht

### Caps

Code	Size	Duration
C20-54	54 Capsules	Usually lasts 18 days
C20-100	100 Capsules	Usually lasts 33 days

### Area concerned

Heart and blood circulation, blood pressure, arteries, veins.

### Ingredients

(min per capsule) Hawthorn 150mg, Motherwort 125mg, Lime Blossom 25mg, Dandelion 25mg.

### Description

This formula contains herbs which can help to support and balance the heart and circulation of blood. It can also help to keep the blood pressure at a healthy level, and can help to maintain the good health of the arteries and veins.

For many herbalists, hawthorn would be the first herb to spring to mind when thinking of the heart. Motherwort has benefits for energy and for women as well as the heart.

For more holistic support, consider our **90-day Heart and Circulation Programme**. This can be repeated annually if desired.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. If desired, take for 3 months on, one month off, if you particularly wish to support the heart or circulation.

### Cautions

Do not take alongside Digoxin; or if pregnant or nursing. If you have hypertension or a condition involving the heart or circulation, consult with your doctor and/or alternative health practitioner before taking these herbs.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Capsules or Drops; Hawthorn Drops; Kid Capsules, Drops or Tea; Kid Tea; Motherwort Capsules or Drops; Nve Capsules or Tea; Power Garlic Capsules.

### Caps

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH