



## CIRCULATION BOOST

Chronic venous insufficiency is a condition in which the veins do not efficiently return blood from the legs to the heart, resulting in blood "pooling" in leg veins. The condition results from partial vein blockage or blood leakage around the valves of the veins. One important advice when you have poor circulation is to elevate your legs onto a footstool or another chair, especially if you sit for long periods of time. This will promote better blood flow, and may ease tingling in your legs and feet. In fact, taking **Circulation Boost** will promote better blood circulation throughout your whole body!

### ***Butcher's Broom***

- Improves varicose veins
- Helps stimulate circulation
- Eases ankle and leg swelling
- Sleep better with no leg cramping

### ***Bilberry***

- May help reduce inflammation
- Strengthens walls of blood vessels
- Relieves inflammatory bowel disease
- Stabilizes cartilage, tendons, ligaments

### ***Rosemary***

- Helps ease gout
- Restores mental fatigue
- Improves blood circulation
- Has anti-inflammatory compounds

### ***Hawthorne Berry***

- Improves circulation
- Lowers blood pressure
- Eases shortness of breath
- Increases coronary artery blood flow

### ***Chickweed***

- Speeds up healing
- May relieve inflammation of the skin
- Relieves chronic inflammatory conditions

### ***Ginger***

- Allows for less pressure on the veins
- Helps improve circulation of blood in veins
- Reduces high blood pressure, which positively impacts blood flow
- Breaks up protein fibrin in veins which will make spider veins less visible

### ***Thyme***

- Has anti-inflammatory properties
- Rich in B-complex vitamins, beta carotene, vitamins A, K, E, C, and folic acid. This means thyme is good for everything from blood circulation to arthritis.

### ***Turmeric***

- Prevents blood clots and improves heart health
- Helps open blood vessels and improve blood circulation
- A turmeric compound called curcumin helps increase nitric oxide production and decrease inflammation.

### ***Acerola Berry***

- Boosts immune system
- Relieves strain on the heart, expands blood vessels, increases blood flow, improves circulation, and lowers blood pressure.

### ***Garlic***

- Well known for the impact on circulation and heart health
- Its sulfur compounds, which include allicin, can increase tissue blood flow, and lower blood pressure by relaxing blood vessels.

### ***Cayenne***

- Increases circulation
- Improves blood vessel strength
- Reduces plaque buildup in arteries

