

Because healthy veins don't show!



Clinically Proven
VariVein™



h o l i s t a®

Take it for life!™

www.holista.com • 1 800 204 4372 (HERB)



VariVein™

If you're looking for natural vein support to relieve the cramps, swelling, pain and discomfort of "chronic venous insufficiency" (CVI) which includes conditions such as varicose veins, hemorrhoids or edema, VariVein from holista® can help. VariVein is a synergistic formula made with the citrus bioflavonoids diosmin and hesperidin, standardized horse chestnut extract (18% escin) and standardized butcher's broom extract (10% ruscogenins). Individually and combined these natural compounds have been shown to strengthen and tone the veins and improve circulation and microcirculation which helps minimize leg swelling, varicose veins and hemorrhoids, and ease symptoms of PMS and more.



Diosmin and hesperidin, bioflavonoids isolated from citrus fruit, provide soothing relief for vein discomfort. Diosmin has been used for more than 30 years as an anti-inflammatory and vascular-protecting agent. It improves vein tone, increases lymphatic drainage and protects capillary fragility and permeability. A study involving 5,052 people with chronic venous insufficiency were treated with 450mg of diosmin and 50mg of hesperidin daily for six months. Improvement was found throughout the study as well as improvement in the quality of life scores of the participants.

Horse chestnut extract is taken from the fruit (seed) of the Horse Chestnut Tree. The seed is rich in an active compound called escin, that has been shown to promote circulation. A systematic review of 13 clinical trials confirmed the effectiveness of horse

chestnut in treating varicose veins. It was found to decrease lower-leg volume and leg circumference at the calf and ankle. CVI symptoms such as leg pain, inflammation and a feeling of fatigue and tenseness were also reduced.

Butcher's broom has been shown to constrict narrow blood vessels preventing the stretching and weakening of the veins.

VariVein contains these clinically proven natural ingredients to support vein health and comfort for men and women. It is especially important for anyone who spends hours a day sitting or standing, or for those who want to prevent and decrease symptoms related to varicose veins and hemorrhoids.