Form 250 mg tablet
Daily intake 1 tablet with meal, 2 tablets per day
Active ingredients (daily intake) Standardized Grape Seed extract 60 mg, standardized Bilberry extract 20 mg, standardized Black Currant extract 50 mg, standardized Ginkgo Biloba extract 60 mg
Application Food supplement, additional source of oligomeric proanthocyanidins (OPCs) and bioflavonoids

**REPORTED BENEFITS OF INGREDIENTS:**
Veins are the blood vessels of the body that return blood from the arms, legs, and organs back to the heart. Venous insufficiency is a condition in which the flow of blood through the veins is impaired. Venous insufficiency can be caused by a number of disorders of the veins, particularly deep vein thrombosis (blood clots) or varicose veins.

- Oligomeric proanthocyanidins (OPCs) of Grape seeds are claimed to support collagen structures and inhibit the destruction of collagen, strengthening capillary walls and blood vessels. OPCs have also been reported to decrease edema, based upon the stabilization of the capillary walls and prevention of the increase in capillary permeability. Grape seeds extract reported significant (75%) reduction in the symptoms associated with venous insufficiency. Administration of OPCs resulted in an increase in venous tone in patients with varicosities. Elderly individuals with either spontaneous or drug-induced low capillary resistance shown noticeable improvement (53% of treated individuals) in capillary resistance after two weeks of therapy by 150 mg of OPCs daily.

- The studies have shown strong anti-oxidant effect of Black currant anthocyanins for protection of blood vessels. Black currant treatment in 2,295 women with vein insufficiency yielded evidence that continuous treatment significantly reduced signs and symptoms. After 24 weeks of treatment, 89.1% of patients no longer had pain or edema. The effect of treatment continued to improve with time, even with intermittent dosing.

- Bilberry is a powerful antioxidant, demonstrated vasoprotective and antioedemal properties. Bilberry was effective in tests evaluating skin capillary permeability as well as vascular resistance. Chronic venous insufficiency (CVI) syndrome is characterized by lower extremity edema, varicosities, pain, pruritus, atrophic skin changes, and ulcerations. Bilberry extract is often used in Europe for the treatment of CVI.

- Ginkgo has been found to have vasodilatory effects, which have been attributed to stimulation of endothelium-derived relaxing factor (EDRF) and prostacyclin release. Studies have suggested that Ginkgo inhibits nitric oxide, causing vascular relaxation.

In clinical study Ginkgo was shown to significantly increase blood capillary flow and decrease erythrocyte aggregation. Results from other studies suggested that Ginkgo may aid in treatment of patients with lower limb chronic venous insufficiency.

**External links:**
- eHerbal: [http://www.eherbal.org/data/bilberry.html](http://www.eherbal.org/data/bilberry.html)
References:
17. Gatta L. Experimental single-blind study: 60 pts with venous insufficiency received Bilberry extract equivalent to 173 mg anthocyanins daily or placebo for 30 days. Fitoterapia 1988;59 (suppl 1):19.