

Butcher's Broom

100 capsules, Single herb, Stock No. 135-5

Butcher's Broom, once used by butchers to clean their cutting boards, has a long history of use by people in many cultures.

In folk history the herb was taken to nutritionally support the circulatory system. Butcher's Broom contains important flavonoids (natural substances which strengthen capillary walls) such as rutin. It provides anti-inflammatory properties, due primarily to the presence of a saponin called ruscogenin.

Did you know?

Butcher's Broom has been listed in *Materia Medica* since at least the 14th century. It has been listed as an approved therapeutic agent in the official European Pharmaceutical Codex. Butcher's broom continued to appear in medical codices of France, Germany and Italy until the early twentieth century. In recent years, Butcher's Broom has risen to prominence in European medical care as a primary treatment for vascular disorders of all kinds.

Butcher's Broom is a particularly good herb for people who are on their feet most of the

day and experience swelling at night, such as salespersons and teachers.

NSP Advantage

100 capsules. Single herb.

Ingredients: 400 mg of the finest butcher's broom (*Ruscus aculeatus*) root. Butcher's Broom contains naturally-occurring amounts of chromium, cobalt, iron, manganese, niacin, silicon, and zinc.

Recommendation: Take two capsules with a meal twice daily.

1. The Green Book. Woodland Publishing. Pleasant Grove, UT 1998
2. Pharmacognosy, Phytochemistry, Medicinal Plants. Bruneton J. Intercept Limited. New York. 1995.
3. PDR for Herbal Medicines. 2nd Ed. Medical Economic Company. Gruenwald J, Brendler T, Jaenicke C. Eds. Medical Economics Company. Montvale, NJ. 2000
4. The Review of Natural Products. Ed. Ara Dermarderosian. Facts and Comparisons Publishing Group. St. Louis, Missouri. 1998
5. Tyler's Honest Herbal. Tyler VE, Foster S. The Haworth Herbal Press. Binghamton, NY 1999
6. Natural Medicines Comprehensive Database 3rd Ed. Jellin JM, Gregory P, Batz F, Hitchens K, et al. Stockton, CA. Therapeutic Research Faculty. 2000
7. Berg, D. Venous constriction by local administration of ruscus extract Fortschr Med. 1990 Aug 20;108(24):473-6.
8. Rudofsky, G. Improving venous tone and capillary sealing. Effect of a combination of Ruscus extract and hesperidine methyl chalcone in healthy probands in heat stress Fortschr Med. 1989 Jun 30;107(19):52, 55-8.

Features & Benefits

- Traditionally used for inflammation and disorders of the circulatory system, including varicose veins. Dioscoredes used it as a laxative and diuretic. ¹
- In Europe, where it has been used for over 2000 years, herbalists recommend Butcher's Broom for a variety of ailments, including broken bones. In the Middle Ages, it became popular for treating "heaviness in the legs". Other indications for butcher's broom in folk medicine include jaundice, headache, menstrual pain, and chest ailments. ¹
- Improves circulation in hands and feet. Several human studies have lent support for using Butcher's Broom in treating venous insufficiency. ^{4,5,6,7,8}
- Helps reduce edema in legs and feet.
- May help soothe the swelling and pain of rheumatoid arthritis. The anti-inflammatory effects of the herb are evidenced by the herb's use in treating hemorrhoids and as an adjunct for IUD implantation. ^{2,3}
- May help treat venous problems such as hemorrhoids and varicose veins.
- Constricts and strengthens veins.