

Hawthorn (berries)

100 capsules, Single herb, Stock No. 370-3

Hawthorn is known as the heart herb for its many benefits as a heart tonic. Hawthorn berries have long been used to treat digestive problems and insomnia. In the late nineteenth century, European physicians discovered that the berries from the hawthorn tree were also cardiogenic.

The Native Americans used hawthorn to treat rheumatism.

Did you know?

Hawthorn berries are a rich source of anthocyanidins and proanthocyanidins, powerful antioxidants that have been shown to increase intracellular levels of vitamin C, prevent collagen damage, decrease capillary fragility, and improve cardiovascular health.

NSP Advantage

100 capsules. Single herb.

Ingredients: 450 mg of the finest hawthorn berries (*Crataegus oxyacanthoides*). Hawthorn contains naturally-occurring amounts of chromium, potassium and selenium.

Recommendation: Take two capsules with a meal twice daily.

Features & Benefits

- Traditionally used for angina pain, heart palpitation, heart failure, high and low blood pressure, arrhythmic heartbeat, and rapid pulse.
- Hawthorn may be of use to enhance cardiovascular health, strengthen blood vessels and improve circulation.
- Several studies have indicated hawthorn berries have cardiogenic properties and may help to strengthen and normalize the heartbeat, increase the flow of blood (and oxygen) to the heart, and strengthen the heart muscle.