

CIRCUPOWER™

A Well-Researched and Natural Way to Support Healthy Veins and Circulation

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CircuPower™ is a combination of two natural plant flavonoids extracted from citrus, Diosmin and Hesperidin. This combination of these two flavonoids has been studied in over forty human clinical trials and has been found to naturally support vein health, hemorrhoids, diabetic complications, and lymphedema.* It has also been found useful in the management of diabetes and PMS.* Diosmin has also been found safe and effective even in pregnancy.^{1*}

Varicose Veins and Chronic Venous Insufficiency (CVI)

Varicose veins are veins that have become enlarged and twisted, and are usually found in the lower part of the legs, although varicose veins may occur in other areas of the body as well. Veins have leaflet valves to prevent blood from flowing backwards. Leg muscles pump the veins to return blood to the heart. When veins become enlarged, the leaflets of the valves no longer meet properly, and the valves don't work. This condition is also known as chronic venous insufficiency (CVI). Numerous studies show that Diosmin helps reduce the symptoms associated with varicose veins, and accomplishes much of the benefit through its natural anti-inflammatory and vasodilatory actions.^{2*} In 30 cases studied, Diosmin demonstrated positive effect on CVI symptoms, reducing edema and other symptoms.^{3*} Additional research in 200 patients has replicated these results.⁴ Researchers suggest that Diosmin is helpful even in the most severe stages of CVI.^{5*}

Venous Leg Ulcers

The clinical efficacy of Diosmin in venous leg ulcers has been demonstrated by several randomized controlled studies, in which the rate of ulcer healing was significantly accelerated.^{6*} A meta-analysis of five large European studies on Diosmin administration to 723 patients with venous trophic ulcers displayed that Diosmin has a statistically significant clinical effect on middle-sized trophic ulcers that persist for 6 to 12 months.^{7*}

Chronic Venous Diseases

Diosmin can also help in the natural support of chronic venous disease (CVD). Leg heaviness, discomfort, itching, cramps, pain, paresthesia, and edema are the most frequent manifestations of

CVD and a major reason for seeking medical attention. Research conducted in 5,052 patients in 23 countries using a visual analog scale for evaluating pain, leg heaviness, cramps, and a sensation of swelling, showed that Diosmin led to clinical improvement in as little as 2 months. Quality of life for patients also increased dramatically, and swelling in lower limbs decreased significantly.^{8*}

Supporting Vein Health and Healing After Phlebectomy

Diosmin also supports vein health and wellness when superficial varicose veins are surgically removed, a procedure known as a phlebectomy, according to a study of 245 patients. In a study of 200 patients receiving 1,000 mg of Diosmin per day for 2 weeks before and 30 days after the operation, Diosmin helped to attenuate pain syndrome, decrease postoperative hematomas and accelerate their resorption, and to increase exercise tolerance in early postoperative period.^{9*}

Pelvic Congestion Syndrome

Chronic pelvic pain or Pelvic Congestion Syndrome is a fairly common condition among females. More than 30% of women complain about pain in the lower abdomen at some point in their lifetime. It is believed that this condition is associated with varicose veins in the lower abdomen and groin. The varicose veins develop during pregnancy and continue to progress in size. Twenty women aged 28-35 yrs with chronic pelvic pain received 500 mg of Diosmin twice a day for 6 months, while 10 received a placebo. They were crossed over for another 6 months. At the end of the third month, the frequency and severity of pelvic symptoms began to decrease in the Diosmin group, but not in those taking the placebo. Thus, Diosmin may help optimize pelvic circulation and relieve pelvic symptomatology.^{10*}

Hemorrhoids

Diosmin has also been found helpful in the natural management of hemorrhoids.^{11*} Two thousand milligrams used for 4 weeks resulted in a statistically significant improvement in all hemorrhoidal symptoms, including pain, heaviness, bleeding, and pruritus, all without any significant side effects.¹² Further research has confirmed these benefits.¹³ Diosmin has also been found safe and effective in the treatment of hemorrhoids during pregnancy.^{14*}

Diabetes

Supporting circulatory health is an important strategy for maintaining the health of diabetics. Three thousand milligrams per day of

Diosmin given for 4 weeks decreased red blood cell aggregation and resulting ischemia.¹⁵ Markers of glycation such as hemoglobin A1C also decreased with Diosmin supplementation, and levels of the antioxidant enzyme glutathione peroxidase rose.¹⁶ The idiopathic edema often seen with diabetes is also reduced with Diosmin.^{17*} Diosmin also supports and normalizes capillary function in diabetics.^{18*}

Pre-Menstrual Syndrome

One thousand milligrams of Diosmin was studied in 1,473 women with PMS with encouraging results. PMS disappeared completely in 37% of patients while its duration decreased on average by 2.6 days. Symptoms of congestion gradually lessened in terms of both frequency and severity by about 60%, and the same applied to weight issues, with 29% less weight gain in the Diosmin group. Overall, the patients found the results to be very positive.^{19*} Diosmin may also be useful in the treatment of breast pain or tenderness²⁰ and abnormal uterine bleeding.^{21*}

Other Benefits

Diosmin may help accelerate wound healing.^{22*} Animal studies suggest that Diosmin may have anti-cancer effects,^{23*} but these preliminary results²⁴ need to be replicated beyond human cell lines.²⁵ Animal research also suggests that Diosmin may have benefit in Alzheimer's disease.²⁶ Diosmin also appears to improve lymphatic drainage²⁷ and possess anti-viral activity.^{28*}

Safety

Diosmin has been found to be very safe in the 40 clinical trials that have been conducted in humans. It has even been found safe for use during pregnancy.²⁹

Dosage

The typical starting dose is 2-4 capsules per day, with a maintenance dose of 2 capsules per day. It may be taken with or away from meals at any time of day.

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