



I ♥ Berry Protect

Heart Berry Protect Herbal Blend

Heart Berry Protect Herbal Blend is formulated with herbs that are known to assist with and help support your body in strengthening and toning of the cardiovascular system, rebuilding blood vessels and heart muscles, and nourishing and improving circulation. May also support the body in balancing all functions of the circulatory system.



suggested usage

Take ½ teaspoon of dry Heart Berry Protect Herbal Blend (brewing is not necessary) in preferred carrier method twice daily with food.

Regular use for 2 to 3 months may be necessary before results are measurable.

Preferred Carrier Methods

The Shot: Add ½ teaspoon mixed with 1 to 2 ounces of water, fruit juice, or almond or coconut milk.

In a Smoothie: Add ½ teaspoon to a Smooth Vitality or Green Vitality smoothie.

Encapsulated: Pack into a “00” capsule and take 1 capsule 2 to 3 times per day.

The Tea: Place ½ teaspoon into a cup, add boiling water and steep for 7 to 10 minutes.

certified organic ingredients

Hawthorn Berry, Dong Quai Root, Ginkgo Biloba, North American Rhodiola Powder, and Bilberry Extract

availability

5 Ounces



disclaimer

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

reasonable cautions

Take as suggested. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

ingredient highlights

Hawthorn Berry *Crataegus oxyacantha*

Hawthorn (*Crataegus* species) has been used to treat heart disease as far back as the 1st century. By the early 1800's, American doctors were using it to treat circulatory disorders and respiratory illnesses. Traditionally, the berries were used to treat heart problems ranging from irregular heartbeat to high blood pressure, chest pain, hardening of the arteries, and heart failure. Today, the leaves and flowers are used medicinally. There is even research to suggest that hawthorn might be effective when used in the treatment of mild-to-moderate heart failure. [1] Other studies of hawthorn berry in patients with heart failure have revealed improvement in clinical symptoms, pressure–heart rate product, left ventricular ejection fraction, and patients' subjective sense of well-being. [2]

Dong Quai *Angelica sinensis*

Dong Quai is a sedative hematonc used in traditional Chinese medicine as a blood builder and female tonic. The root benefits the female endocrine system. Benefits may include improved circulation, lower blood pressure, more energy, and less constipation. Master Herbalist, Ron Teeguarden, attributes the blood toning and nourishing effects of dong quai to its amazing vitamin and mineral content. Dong quai contains vitamin B12, folic acid, folic acid, nicotinic acid, and biotin. [3]

North American Rhodiola Powder *Rhodiola rosea*

In various human studies, Rhodiola improved strength, endurance, stamina, physical work capacity, recovery time from exertion, motor coordination, and cardiovascular measurements. Rhodiola extract decreases fatigue, exhaustion. [4] Rhodiola is cardioprotective, normalizing the heart rate immediately after intense exercise, and it controls stress-induced cardiovascular-related conditions. It also protects the heart from stress and arrhythmias and possesses significant antioxidant activity. [5] [11]

Bilberry Extract *Vaccinium Myrtillus*

One of the richest natural sources of anthocyanins. These polyphenolic components give bilberry its blue/black color and high antioxidant content, and they are believed to be the key bioactives responsible for the many reported health benefits of bilberry and other berry fruits. Although bilberry is promoted most commonly for improving vision, it has been reported to lower blood glucose, to have anti-inflammatory and lipid-lowering effects, and to promote antioxidant defense and lower oxidative stress. Therefore, bilberry is of potential value in the treatment or prevention of conditions associated with inflammation, dyslipidemia, hyperglycemia or increased oxidative stress, cardiovascular disease (CVD), cancer, diabetes, and dementia and other age-related diseases. There are also reports that bilberry has antimicrobial activity. [6] [7]

Ginkgo Biloba *Maidenhair tree*

One of the best herbs for the circulatory system, it serves as a cardio tonic by increasing the strength of the arterial walls. It also reduces inflammation in the blood vessels and helps prevent platelet aggregation and blood clotting that can lead to blocked arteries. It is one of the best herbs available for promoting blood flow and oxygen throughout the entire body. [8] An increase in cGMP (downstream mediator of nitric oxide signalling) has been noted in high risk individuals alongside an increase in superoxide dismutase, to the degree of 27.7+/-8.3% and nitric oxide itself has been increased by up to 40% in persons with poor circulation. [9] [10]

References

1. Degenring FH, Suter A, Weber M, et al. A randomised double blind placebo controlled clinical trial of a standardised extract of fresh *Crataegus* berries (*Crataegisan*) in the treatment of patients with congestive heart failure NYHA II. *Phytomedicine*. 2003;10(5):363-369.
2. Weihmayr T, Ernst E. Therapeutic effectiveness of *Crataegus* [in German]. *Fortschr Med*. 1996;114(1-2):27-29.
3. Teeguarden, Ron, "The Ancient Wisdom of the Chinese Tonic Herbs," Grand Central Publishing, 2000.
4. Spasov AA, Wikman GK, Mandrikov VB, Mironova IA, Neumoin VV. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. *Phytomedicine* 2000;7(2):85-9.
5. Bystritsky, Alexander, Lauren Kerwin, and Jamie D. Feusner. A pilot study of *Rhodiola rosea* (Rhodax®) for generalized anxiety disorder (GAD). *The Journal of Alternative and Complementary Medicine* 14.2 (2008): 175-180.
6. Aggarwal B.B, Vijayalekshmi R.V, Sung B. Targeting inflammatory pathways for prevention and therapy of cancer: Short-term friend, long-term foe. *Clin Cancer Res*. 2009;15:425-30. [PubMed]
7. Erlund I, Kol R, Alfthan G, et al., editors. Favourable effects of berry consumption on platelet function, blood pressure, and HDL cholesterol. *Am J Clin Nutr*. 2008;87:323-31. [PubMed]
8. *Clin Physiol Funct Imaging*. 2002 Nov;22(6):375-8. Effects of a Ginkgo biloba extract on forearm haemodynamics in healthy volunteers. Mehlsen J1, Drabaek H, Wiinberg N, Winther K.
9. *Atherosclerosis*. 2007 Jun;192(2):438-44. Epub 2007 Mar 29. Reduction of atherosclerotic nanoplaque formation and size by Ginkgo biloba (EGb 761) in cardiovascular high-risk patients.
10. *Chin J Integr Med*. 2009 Feb;15(1):26-9. doi: 10.1007/s11655-009-0026-8. Epub 2009 Mar 7. Effect of Ginkgo leaf extract on vascular endothelial function in patients with early stage diabetic nephropathy. Li XS1, Zheng WY, Lou SX, Lu XW, Ye SH.
11. *Nutr Res Pract*. 2011 Apr;5(2):101-6. doi: 10.4162/nrp.2011.5.2.101. Epub 2011 Apr 23. Anti-inflammatory effect of the water fraction from hawthorn fruit on LPS-stimulated RAW 264.7 cells. Li C1, Wang MH.