

Full Spectrum™ Arjuna & Arjuna CardioComfort™



Ayurvedic Support for Your Heart

Arjuna bark has been used in Ayurvedic herbalism for more than three centuries to support a healthy heart. Today, scientific research is confirming arjuna's benefits and providing the knowledge that enables development of highly effective arjuna formulations.

Planetary Formulas offers you two premier arjuna products, unsurpassed for dependability and efficacy. FULL SPECTRUM ARJUNA combines arjuna bark with arjuna bark extract, for a broad spectrum of beneficial constituents. ARJUNA CARDIOCOMFORT combines arjuna with additional botanicals renowned for supporting cardiovascular health. Both reflect Planetary Formulas' commitment to herbalism at its best—uniting traditional herbal wisdom with the findings of modern clinical and pharmacological research.



PLANETARY
FORMULAS®

More Than Herbs – *Herbalism!*

FULL SPECTRUM™ ARJUNA

The arjuna tree (*Terminalia arjuna*) grows to heights of 60-90 feet throughout India. Its thick, white-to-pinkish gray bark has been used in traditional Ayurvedic herbalism for generations, primarily as a cardiac tonic.

Arjuna has been found to help support heart health, to have antioxidant properties similar to vitamin E, and to help maintain cholesterol levels already in the normal range, according to preliminary clinical studies. It has also been found to help maintain healthy phospholipid and triglyceride levels, according to animal research.

Arjuna may work by supporting healthy cardiac muscle function and pumping of the heart. These effects are associated with its saponin glycosides, while its flavonoids and oligomeric proanthocyanidins are associated with antioxidant activity and vascular support.

ARJUNA CARDIOCOMFORT™

This broad-range formula combines arjuna bark with additional botanicals, including salvia, hawthorn and guggul.

Salvia is the most widely used herb in China for supporting healthy circulation. Hawthorn is the most widely

used herb in North America and Europe for supporting a healthy heart. Research suggests that hawthorn increases coronary blood flow, displays antioxidant activity and supports normal heart contraction. Guggul is a traditional Ayurvedic botanical, shown in modern research to support cholesterol levels already in the normal range.

Together these botanicals provide a comprehensive herbal approach for supporting a healthy heart.

CLINICALLY DERIVED FORMULAS

FULL SPECTRUM™ ARJUNA and ARJUNA CARDIOCOMFORT were developed by Planetary Formulas' primary formulator, renowned herbalist and clinician, Michael Tierra, L.Ac., O.M.D., and are used on a daily basis in his clinical practice. This means your customers can be assured of obtaining the benefits they are seeking from an herbal product.

References

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Munasinghe, T.C. et al. 2001. *Phytother Res* 15(6):519-23.
Shailla, H.P. et al. 1998. *Int J Cardiol* 67(2):119-24.

*Adhering to the quality control requirements and codes of ethics of:
American Herbal Products Association
National Nutritional Foods Association*



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.