

# HAWTHORN

## Premier Botanical for a Healthy Heart



- Primary Western herb for supporting heart health
- Rich in compounds that improve blood flow
- Supports a strong, efficient heartbeat

Throughout Europe, for hundreds of years, the hawthorn berry has been known to support heart health. Mentioned in the writings of Dioscorides (40-80 CE), Galen (131-208 CE) and Pliny (23-79 CE), its juices benefitted everyone from lowly peasant to exalted king—reportedly King Henry IV of France drank a syrup of hawthorn berries for his health.

The leaves, flowers and berries of hawthorn are rich in flavonoids and procyanidins that increase coronary blood flow.

Recent studies show that hawthorn extract positively influences the contractility of the heart muscle, making for an efficient heartbeat. Throughout history, the hard wood of the hawthorn kept winter hearths glowing and its delicate white flowers heralded the spring while its berries were gathered for tonics. Is it any wonder so many people have sung its praises?

Planetary Herbals offers three exceptional hawthorn compounds for heart health: HAWTHORN HEART™, FULL SPECTRUM™ HAWTHORN EXTRACT tablets and FULL SPECTRUM™ HAWTHORN LIQUID EXTRACT.



**PLANETARY®**  
**HERBALS**

Expert Formulations – Exceptional Results



*The coming of the hawthorn brings on earth  
Heaven: all the spring speaks out in one sweet word,  
And heaven grows gladder, knowing that earth has heard.*

*Ere half the flowers are jubilant in birth,  
The splendour of the laughter of their mirth  
Dazzles delight with wonder: man and bird  
Rejoice and worship, stilled at heart and stirred...*

“The Passing of the Hawthorne”

Algernon Charles Swinburne (1837-1909)

In the Middle Ages, a branch of a hawthorn tree was hung over the doorway to prevent evil spirits from entering the home, but by the 1800s, the flowers, leaves and berries of the tree had been studied by scientists and were being used to promote heart health, a use that continues today.

Hawthorn (*Crataegus monogyna* and *Crataegus laevigata*) is a small tree or shrub that grows on hillsides and in sunny wooded areas. Its thorny branches make it a good tree for planting as a hedge. Its white or pink flowers typically bloom in May and are followed by small berries, called haws, that are red or black. The leaves and flowers

are rich in a wide variety of flavonoids including hyperoside, vitexin, vitexin-2”-O-rhamnoside, quercetin and acetylvitexin-2”-O rhamnoside. The berries are rich in procyanidins.

The active constituents of hawthorn are the flavonoids and oligomeric procyanidins. The flavonoids help dilate blood vessels, improve blood flow and protect the blood vessels from damage. The compounds have antioxidant properties that destroy free radicals which are damaging compounds in the body that can alter cell structures. Antioxidants are especially important for supporting a healthy cardiovascular system.



### Three Premier Hawthorn Products

- FULL SPECTRUM™ HAWTHORN EXTRACT
- FULL SPECTRUM™ HAWTHORN LIQUID EXTRACT
- HAWTHORN HEART™

*Which is right for you?*

Planetary Herbals **FULL SPECTRUM™ HAWTHORN EXTRACT** combines a concentrated extract of hawthorn leaves, flowers and whole berries, to deliver a full spectrum of valuable hawthorn constituents. Hawthorn is the primary herb used by herbalists in America and Europe to support a healthy heart. The leaves, berries and flowers are rich in flavonoids and procyanidins renowned for their ability to support the normal activity and integrity of the heart. Available in convenient tablets.

**FULL SPECTRUM HAWTHORN LIQUID EXTRACT** is the liquid version of this formula, utilizing freshly harvested leaves, flowers and berries.

**HAWTHORN HEART** combines the berry and the standardized leaf and flower extracts of the hawthorn with plants from China and North America, all known for supporting cardiovascular health and well-being. This compound includes tienchi ginseng root, motherwort, Chinese salvia root, polygala root, dong quai root, codonopsis root, dong quai root extract, juniper berry and longan root.

Modern research has confirmed many traditional beliefs about plants. Beyond the traditional use of the past two centuries, hawthorn's benefits to the human cardiovascular system have been proven

in many modern clinical studies. The bioflavonoids in hawthorn have further been documented as powerful antioxidants, vital for protecting the heart and arteries from free radical damage.

FULL SPECTRUM™ HAWTHORN EXTRACT, FULL SPECTRUM™ HAWTHORN LIQUID, and HAWTHORN HEART were formulated with a profound understanding of the ways in which plant compounds interact with human physiology. Planetary Herbals **PhytoDynamic** principles draw on herbal tradition, scientific research, and a level of clinical expertise unmatched in the natural products industry. The result: herbal products unsurpassed for quality and consumer satisfaction.

### *About Planetary Herbals*

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. Most of our 200 products are developed and used on a regular basis by our team of formulators, many of whom are professional health practitioners with decades of clinical experience. The result: an herbal product line that is unequalled for efficacy, safety, and dependability.

### References

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