



Vari-Gone Skin Cream

Stock #1835-1 (2 oz.)

Varicose veins, which afflict nearly 15% of all adults, are the most common of all venous disorders (vein problems). Unfortunately, the frequency of varicose veins increases with age—more than 50% of those over 50 are likely to develop some degree of varicosity, with women more often affected than men.^{1,2}

A varicose vein is a damaged or weakened superficial blood vessel that appears to be twisted or enlarged and bulging. Varicose veins are often accompanied by itching skin over the vein, as well as achiness, cramps and swelling in the lower legs. Varicose veins are thought to be caused primarily by a weakening of the vein wall, but may also be the result of blood vessel valve dysfunction or too slow blood flow. In any case, varicose veins are unable to effectively pump blood back up to the heart, causing blood to pool in the legs, which increases pressure on weakened veins. Most often occurring on the inside and back of legs, varicose veins can also be found in other parts of the body, such as the rectum—hemorrhoids are rectal veins that have become „varicosed.“^{1,3}

As with all venous disorders, the best method of treatment is prevention and early intervention, since varicose and spider veins (thread-like varicose veins that are finer and much less swollen) are progressive in nature. Roughly 60-80% of individuals with varicose veins and 90% of those with spider veins have a positive family history of venous disorders. Other factors that can lead to varicose veins include obesity, pregnancy, high systolic blood pressure, cigarette smoking, low levels of physical activity, prolonged standing/lifting, and hormonal changes—elevated estrogen levels (associated with oral contraceptives, pregnancy and estrogen replacement therapy) can increase the chances of developing spider and varicose veins.^{1,2,4}

Vari-Gone Skin Cream is specially-formulated to help improve the appearance of varicose and spider veins. Vari-Gone Skin Cream contains a blend of herbal extracts that may help reduce swollen or bulging veins, as well as soothe aches and cramps in the lower legs, which often accompany varicose veins. Vari-Gone Skin Cream may also help improve the overall appearance of spider veins. For added benefit, use in combination with Vari-Gone capsules.

Sweet clover is valued for its medicinal uses primarily due to the presence of coumarinic acids, which reduce inflammation and swelling and provide unique anti-edemic (reduce fluid retention) activity. Sweet clover also reduces inflammatory and congestive edema, increases venous return, and improves lymph flow, which aids lymphatic drainage. Sweet clover is approved for use by the German Commission E for the treatment of blunt injuries, hemorrhoids and venous conditions (i.e. varicose veins). Sweet clover's wound-healing properties have been confirmed in animal studies. Applied externally, sweet clover speeds the healing of bruises and sprains and eases the swelling of hemorrhoids.⁵⁻⁷

Horse chestnut seed extract (HCSE) is used extensively in Europe for both preventing and treating varicose veins and other venous disorders. In fact, the German Commission E has endorsed HCSE for the treatment of chronic venous insufficiency (prolonged poor venous circulation causing the pooling of blood in the lower legs and feet) and feelings of heaviness in the legs. HCSE exhibits venotonic (vein-toning), vascular-protective (vein-protecting), anti-inflammatory, and free-radical scavenging properties, which make HCSE ideal for the treatment of both varicose veins and hemorrhoids. Use of HCSE is associated with a decrease in lower-leg edema and a reduction in leg circumference at the calf and ankle. Symptoms such as leg pain, pruritus (itching), and a feeling of fatigue and tenseness are also reduced with HCSE. When applied topically in a cream, HCSE has been proven to increase venous tone. HCSE contains the active ingredient aescin, which provides strong anti-inflammatory and antioxidant properties, as well as the ability to increase venous tone.^{1,3-5,8,9}

Butcher's broom provides vasoconstrictive (blood vessel-narrowing), venotonic (vein-toning), and anti-inflammatory activity, making it ideally suited for treating leg edema, varicose veins and peripheral vascular (vein) disorders. Butcher's broom also reduces venous capacity and pooling of blood in the legs and exerts protective effects on capillaries and blood vessel walls. Flavonoids in butcher's broom strengthen blood vessels, reduce capillary fragility, and maintain healthy circulation. These combined actions both help prevent formation and aid in the treatment of hemorrhoids and varicose veins. For example, in Europe, a standardized extract of butcher's broom is commonly used to treat venous pain, cramps, edema (fluid retention) and varicose ulcers, particularly during and after pregnancy. Butcher's broom has also been shown to considerably reduce venous dilation during pregnancy. In addition, a randomized, double-blind study using a topical application of butcher's broom extract showed a decrease in venous diameter within 2½ hours of application, thus confirming the herb's venoconstrictive (vein-tightening) action and ability to improve venous tone.^{2,4,5,8,10-16}

Aloe vera provides important nutrients that are essential for the health and integrity of collagen. Aloe vera contains

vitamins C and E and the mineral zinc, which help stimulate collagen synthesis and strength, thus promoting improved skin tone, as well as venous tone (since blood vessel walls are made of collagen). Aloe vera applied topically also moisturizes the skin and helps reduce inflammation associated with skin irritations and other dermal wounds and abrasions. Research confirms aloe vera helps reduce acute inflammation and decreases pain—aloe vera contains active ingredients, such as *gibberellin*, which demonstrate anti-inflammatory and analgesic (pain-relieving) activity.^{8,17-21}

Ingredients: Water, Carthamus tinctorius (safflower) oil, isopropyl palmitate, glycerin, glyceryl stearate, stearic acid, cetyl alcohol, Melilotus officinalis (yellow sweetclover) extract, Ruscus aculeatus (butcher's broom) extract, sodium stearoyl lactylate, Aloe barbadensis (aloe vera) juice, Aesculus hippocastanum (horse chestnut) extract, menthol, dimethicone, polysorbate 20, triethanolamine, carbomer, disodium EDTA, phenoxyethanol, methylparaben, ethylparaben, propylparaben, butylparaben, and isobutylparaben.

References:

- ¹Torkos, S. *Vanish Varicose Veins with horse chestnut seed extract*. Impact Communications, 1998.
- ²Murray ND, M. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995.
- ³Lenz, E. "Horse chestnut." *Herbs For Health*; 1998, 3(4): 24.
- ⁴MackKay, D. "Hemorrhoids and varicose veins: a review of treatment options." *Alternative Medicine Review*; 2001, 6(2): 126-140.
- ⁵Mills, S. & Bone, K. *Principles and Practice of Phytotherapy*. London: Churchill Livingstone, 2000.
- ⁶*PDR for Herbal Medicines, 1st Ed*. Montvale, NJ: Medical Economics Company, 1998.
- ⁷*Gale Encyclopedia of Alternative Medicine*. Gale Group, 2001.
- ⁸Fetrow PharmD, C. & Avila Pharm D, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse, PA: Springhouse Corp., 1999.
- ⁹Pittler, MH and Ernst, E. "Horse-chestnut seed extract for chronic venous insufficiency. A criteria-based systematic review." *Archives of Dermatology*; 1998, 134(11): 1356-1360.
- ¹⁰Weiner, M. & Weiner, J. *Herbs That Heal*. Mill Valley, CA: Quantum Books, 1994.
- ¹¹Lininger DC, S., et al. *The Natural Pharmacy*. Rocklin, CA: Prima Health, 1998.
- ¹²Mowrey PhD, D. "Keep Your Circulatory System Healthy." *Delicious! Magazine*; April 1997.
- ¹³Redman, D.A. "Ruscus aculeatus (butcher's broom) as a potential treatment for orthostatic hypotension, with a case report." *Journal of Alternative and Complementary Medicine*; 2000, 6(6): 539-549.
- ¹⁴Berg, D. [Venous tonicity in pregnancy varicose veins]. *Fortschritte Der Medizin*; 1992, 30;110(3): 67-68, 71-72.
- ¹⁵Berg, D. [Venous constriction by local administration of ruscus extract]. *Fortschritte Der Medizin*; 1990, 108(24):473-476.
- ¹⁶Rudofsky, G. "Improving venous tone and capillary sealing." *Fortschr Med*; 1989, 107(19): 52, 55-58.
- ¹⁷Pizzorno, J & Murray, M (eds). *A Textbook of Natural Medicine, 2nd ed*. London: Churchill Livingstone, 1999.
- ¹⁸McFarland, J. L. *Aging Without Growing Old*. Palos Verdes, CA: Western Front Ltd, 1997.
- ¹⁹Davis, R.H. & Maro, N.P. "Aloe vera and gibberellin. Anti-inflammatory activity in diabetes." *Journal of the American Podiatric Medical Association*; 1989, 79(1): 24-26.
- ²⁰Kennedy MD, R. "Vitamin C and Vascular Disease." *The Doctors' Medical Library*, 2001 - http://www.medical-library.net/sites/vitamin_c_and_vascular_disease.html
- ²¹Reynolds T, Dweck AC. „Aloe vera leaf gel: a review update." *Journal of Ethnopharmacology*; 1999, 68(1-3): 3-37.