



# Vascular Relax\*

Introduced 2009



## What Is It?

Vascular Relax\* is combination of minerals and herbal extracts designed to promote vascular smooth muscle relaxation, endothelial function, and overall circulatory health.\*

## Uses For Vascular Relax\*

**Healthy Blood Vessel Relaxation:** Magnesium supports healthy cellular electrolyte function and vascular smooth muscle cells. The importance of magnesium intake was demonstrated in the 10-year follow-up of the Women's Health Study, in which higher intakes of dietary magnesium were associated with maintaining healthy vascular relaxation. Patent pending MegaNatural®-BP supports healthy blood vessel relaxation in volunteers, as demonstrated in a study conducted at the University of California, Davis. MegaNatural®-BP grape seed is unique in that the extraction process maximizes the concentration of monomeric and oligomeric procyanidins and minimizes the concentration of polymeric procyanidins. A recent double-blind, placebo controlled trial in Israel suggests that the carotenoid lycopene from tomato extract provides vascular antioxidant protection and healthy blood vessel relaxation support. CranLoad™ delivers a unique cranberry and grape seed blend developed as part of an extensive research program with the Institute of Nutraceuticals and Functional Foods (INAF) and Laval University in Quebec, Canada. In addition to being powerful antioxidants, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. In a pilot trial involving elite athletes, CranLoad™ provided statistically significant support for healthy flow-mediated dilation (FMD) at rest, an effect similar to arginine administration.\*

**Vascular Integrity and Function:** Both hawthorn and olive leaf have a long history of traditional use for maintaining cardiovascular health and have supported vascular function in studies. Grape seed oligomeric procyanidins have been shown to maintain healthy collagenase, elastase and hyaluronidase enzyme activity, supporting endothelial integrity. Pomegranate, standardized to contain 40% punicosides, offers the antioxidant and vascular benefits associated with pomegranate juice.\*

## What Is The Source?

Magnesium is derived from the Dead Sea. Hawthorn extract is derived from *Crataegus oxyacantha* flower and leaf and standardized to contain 2% vitexins. Olive leaf extract is derived from *Olea europea l.* and standardized to contain min. 15% oleuropein. MegaNatural®-BP grape seed extract is standardized to typically contain 90% total polyphenols. Pomegranate extract is derived from *Punica granatum* whole fruit and standardized to contain 40% punicosides. Lycopene is derived from tomato. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations® recommends 2 capsules, 2 times daily, with meals.

## Are There Any Potential Side Effects Or Precautions?


Magnesium can cause gastrointestinal irritation, nausea, vomiting, or diarrhea. In rare cases, hawthorn has caused dizziness, palpitations, headache, agitation, fatigue or rash. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Individuals on anti-hypertensive medications or anti-diabetes medications may require blood pressure monitoring or blood glucose monitoring. Magnesium should be taken separately from bisphosphonate medications and certain antibiotics. Grape seed extract may be contraindicated with blood thinning medications. Pomegranate may alter the metabolism of certain medications. Consult your physician for more information.


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Vascular Relax\*

two vegetarian capsules contain  v 00

magnesium (as magnesium citrate) ..... 100 mg  
 hawthorn (*Crataegus oxyacantha*) extract (flower and leaf).....250 mg  
 (standardized to contain 2% vitexins)  
 olive (*Olea europea l.*) extract (leaf).....50 mg  
 (standardized to contain 15% oleuropein)  
 MegaNatural®-BP grape (*Vitis vinifera*) extract (seed)..... 75 mg  
 pomegranate (*Punica granatum*) extract (whole fruit)..... 25 mg  
 (standardized to contain 40% punicosides)  
 lycopene.....7.5 mg  
 CranLoad™ proprietary blend ..... 65 mg  
 providing cranberry (*Vaccinium macrocarpon*)  
 extract (fruit) and grape (*Vitis vinifera*) extract (seed)  
 other ingredients: vegetarian capsule (cellulose, water), hypoallergenic  
 plant fiber (cellulose), ascorbyl palmitate

**2 capsules, 2 times daily, with meals.**

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