Helps to relieve symptoms related to non-complicated chronic venous insufficiency, such as sensation of swelling, heaviness and tingling of the legs.

History

Vitis vinifera is native to southern Europe and the Middle East and has been cultivated for its clusters since millennia. It is now mainly grown in temperate regions of the world, and occupies about 8 million hectares. 250 million hectoliters of wine are produced each year.

Professionals

Many studies have focused on the vine in recent decades, particularly the polyphenols in grapes. It contains indeed resveratrol, OPC (Oligo proanthocyanidins) and flavonoids such as quercetin. It has been shown since the 80s, when studies in France, the OPC could relieve symptoms of varicose veins and venous shortcomings.3,4,5

More recently, grape leaf extracts showed similar results. A trial has assessed that the daily intake of 360 mg of extract for a period of 12 weeks induces reduction of edema and swelling of the legs in people suffering from chronic venous insufficiency.6,7,8,9

However, the composition of vine leaves can vary widely and affect the content of active compounds. In 2008, more than a hundred samples were analyzes in a study showed that the grape leaves contain, on average, 0,6% to 3,5% of flavones, 0,25 to 1,45% anthocyanins, and 4,6% 18,9% polyphenols. This is why the Red Vine capsules Léo Désilets Maître Herboriste integrate 150,0 mg of an extract standardized to 80% OPC (from 50: 1, DHE 7500 mg) to ensure an optimal supply of active compounds.
Dosage
The recommended dosage is 1 capsule per day.

Precautions and warnings
• Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

**Medicinal ingredient:**
*Vitis vinifera* 150.0 mg (50:1, DHE 7500 mg – 80.0 % Proanthocyanidines oligoméric), *Vitis vinifera* 250.0 mg

**Non-medicinal ingredient:**
Cellulose, Gélatine, Stéarate de Magnésium