Doctor's BEST® Science-Based Nutrition™

Best Vein Support featuring DiosVein™

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60 Veggie Capsules

Ingredients per vegetable capsule:

DiosVein™ Diosmin EP.....450 mg
(min. 90%)

Natural Orange Extract.....50 mg
(standardized to min. 97% Hesperidin)

Vitamin K2 ..... 25 mcg
(as MenaQ7™)

Excipients: Rice powder, vegetable capsule, silicon dioxide, magnesium stearate (vegetable source), dextrin, sunflower oil, sodium casein, starch, glycerol fatty acid ester, extract of Bacillus subtilis natto, L-ascorbyl palmitate, extract of rosemary.

Suggested Adult Use: Take one capsule two times daily. For optimal absorption, take with a fat-containing meal or snack.

Suitable for vegetarians.

Ingredients

Best Vein Support contains DiosVein™, a form of the flavonoid diosmin, which has been used for over thirty years as a vascular-supportive agent in Europe. DiosVein™ is derived from sweet orange and is a rich source of bioflavonoids. Clinical studies conducted in Europe have shown DiosVein™ to be particularly effective at supporting the health of blood vessels and promoting normal circulatory function.* Further clinical trials have found that diosmin used in combination with the flavonoid hesperidin supports healthy venous function.*

Best Vein Support also features natural vitamin K2 in the form of MenaQ7™, a form of K2 found in the traditional Japanese fermented food, natto. Recent studies highlight the importance of adequate vitamin K2 levels for healthy blood vessel function.* MenaQ7™ is a long-acting form of vitamin K2 that has been shown to support cardiovascular health.*

Benefits

- Supports Blood Vessel Health*
- Promotes Healthy Circulation*

Flavonoids and Blood Vessel Health

Diosmin is a natural flavonoid that can also be isolated from the flavonoid hesperidin, which is derived from citrus fruits. DiosVein™ is derived specifically from Sweet Orange. When taken orally by humans, diosmin is converted to diosmetin by the bacterial flora of the intestines prior to being absorbed into the bloodstream. Certain studies suggest that diosmin has numerous beneficial effects on blood vessels and circulation. These effects include enhancing venous tone, supporting lymphatic drainage, promoting the health of cells comprising the blood vessel lining and supporting normal, but not excessive, capillary permeability. Flavonoids in general may support vessel health by preventing the abnormal synthesis of prostaglandins and related mediators, or by blocking the adverse effects of these substances on venous tissue (2004).

The flavonoids diosmin and hesperidin have been recommended by practitioners for decades in Europe to support venous function and tone. A number of factors and conditions that are brought about by lifestyle choices, diet and environmental influences can affect venous tone and function as we age. Supplementing with the flavonoids diosmin and hesperidin can support the health of the circulatory system and may help maintain its critical function throughout our lives. Numerous studies conducted in Europe support this notion.

One of the largest studies assessing the effects of a specific combination of flavonoids on venous health was conducted in 23 countries worldwide between March 1997 and December 1998 (Jantet 2000). The study was performed as a prospective multicenter controlled trial in which 10,000 individuals with compromised venous function were recruited. Overall, of those deemed eligible, 2,767 individuals completed the study. Individuals were supplemented with 1,000 mg of the flavonoid preparation consisting of diosmin and hesperidin daily for 6 months. Follow-up visits to assess parameters of venous function were scheduled every two months. Significant and progressive improvements were noted in quality-of-life surveys with flavonoid supplementation. Parameters of venous function and tone also progressively improved with the diosmin and hesperidin combination over the course of the study, indicating the beneficial effects of flavonoids.

Two smaller studies conducted as double-blind placebo-controlled investigations assessed the impact of 500 mg of the flavonoid combination (consisting of diosmin and hesperidin) taken daily on enhancement of venous function (Ramelet 2005). In the first study, 40 participants with compromised venous function were divided into a treatment and placebo arm. Global improvement scores were calculated for various clinical parameters of venous health. The participants in the treatment group supplementing with 500 mg of the combination showed significantly greater enhancements in venous function after two months of therapy compared to participants in the placebo group. A second double blind, placebo-controlled investigation conducted in 160 individuals also showed beneficial effects. In this study, individuals were divided into a placebo group and a treatment group supplementing with 500 mg of the flavonoid combination twice daily (1000 mg total per day) for eight weeks. Evaluation of change in



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venous parameters was the endpoint of this study. The results of this investigation concluded that individuals taking the flavonoid supplement had significant improvements in venous health when compared with the participants in the placebo arm of the study. Both studies confirmed the beneficial influences of these flavonoids on endothelial health and venous function.

Natural Vitamin K2: An Important Nutrient for Cardiovascular Wellness

Vitamin K seems to play an integral role in promoting cardiovascular health and wellness. The major role for vitamin K seems to be its ability to activate a protein present in blood vessels known as Matrix Gla Protein (MGP). MGP is thought to be responsible for venous remodeling and is known to act as an inhibitor of vessel calcification as shown in mice studies. Further studies in rats show that administration of substances that antagonize (or oppose) the normal effects of vitamin K, and thus inhibit the proper activation of MGP, also significantly and rapidly leads to vessel calcification (O'Donnell et al. 2006).

Recent research particularly highlights the role of MGP in venous health. Healthy human vein tissue was compared to compromised human venous tissue. MGP was found to be involved in venous wall remodeling. Furthermore, it was shown that a high level of the undercarboxylated (abnormal) MGP was present in unhealthy veins, possibly leading to calcification. An adequate supply of vitamin K is necessary for proper carboxylation of MGP. When vitamin K was added to the tissue cultures, it inhibited the calcifications in the veins and restored the normal calcification-inhibitory function of MGP, leading to overall improvements in venous health (Cario-Toumaniantz et al. 2007).

For these crucial reasons, an adequate supply of vitamin K is necessary for supporting a healthy cardiovascular system and maintaining healthy venous function. The form of vitamin K contained in Best Vein Support is all-natural vitamin K2 as MenaQ7™. A key advantage of this form of vitamin K is its long chain structure, which leads to an increased half-life compared to other forms of vitamin K. This allows MenaQ7™ vitamin K2 to be available to the body for 72 to 96 hours, compared to less than eight hours for other forms of vitamin K.

Best Vein Support combines the beneficial vein-health supportive actions of DiosVein™ diosmin extract, the flavonoid hesperidin, and all-natural vitamin K2 as MenaQ7™. Supplementation with the combination of these potent nutrients may lead to enhanced venous function and tone, and maintenance of healthy circulation. *

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

Scientific References

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Cario-Toumaniantz, C., Boularan, C., Schurgers, L. J., Heymann, M. F., Le Cunff, M., Leger, J., Loirand, G. and Pacaud, P. 2007. Identification of ifferentially expressed genes in human varicose veins: involvement of matrix gla protein in extracellular matrix remodeling. J Vasc Res 44: 444-59.

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Best Vein Support contains DiosVein™, used for decades for vascular support in Europe. Derived from sweet orange and rich in bioflavonoids, DiosVein™ has been shown in clinical studies to support blood vessel health and promote normal circulatory function.* Further studies have found that diosmin in combination with the flavonoid hesperidin supports healthy venous function.*

Best Vein Support also features MenaQ7™, a long-acting, natural form of vitamin K2 found in the traditional Japanese fermented food, natto. Adequate K2 is important for healthy blood vessel function and MenaQ7™ is a long-acting form shown to support cardiovascular health.*

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Doctor's BEST®

Science-Based Nutrition™

Dietary Supplement

Best Vein Support

MenaQ7™ Natural Vitamin K2

Featuring DiosVein™

SUPPORTS BLOOD VESSEL HEALTH*
PROMOTES HEALTHY CIRCULATION*

60 Veggie Caps

Supplement Facts

Serving Size 1 vegetable capsule
Servings per container 60

	Amount per serving	% Daily Value
Vitamin K2 (as MenaQ7™)	25 mcg	31%
DiosVein™ Diosmin EP (min 90%)	450 mg	†
Natural Orange Extract (standardized to min. 97% Hesperidin)	50 mg	†

† Daily Value not established.

Other ingredients: Rice powder, vegetable capsule, silicon dioxide, magnesium stearate (vegetable source), dextrin, sunflower oil, sodium casein, starch, glycerol fatty acid ester, extract of *Bacillus subtilis natto*, L-ascorbyl palmitate, extract of rosemary.

Suggested Adult Use: Take one capsule two times daily. For optimal absorption, take with a fat-containing meal or snack.

Caution: Contains vitamin K. Consult your physician if using blood-thinning medications such as coumarin/warfarin.

Suitable for Vegetarians
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

MenaQ7™ is a trademark of NattoPharma, ASA. Patents Pending.