

Heart Healthy Hawthorn (formerly Hawthorn Ultra-Strength Extract)*

Ralph Nigro, N.D.

Newayceutical's Heart Healthy Hawthorn (formerly Hawthorn Extract Ultra Strength) is derived from the *Crataegus oxyacantha* species. This small easy-to-swallow pink tablet is a pharmaceutical grade product manufactured and processed using state-of-the-art technology in accordance with U.S. FDA GMP standards. Made with the highest quality ingredients, this cardio-protective formula contains higher amounts of vitexin, the active compound, and includes bioflavonoids, procyanadins, flavonoids and flavenol to support a healthy heart and maintain normal cholesterol and triglyceride levels, both good and bad.

Research studies have shown that the cardiac glycosides in hawthorn can inhibit the enzyme 3', 5'-cAMP phosphodiesterase, leading to a preservation effect on the plasma membrane and protection from myocardial damage. One of hawthorn's constituent by-products has also been shown to exhibit an anti-arrhythmia effect as well.

In a study utilizing hawthorn and other herbs, 87% of treated subjects had lower total serum cholesterol, thus a positive effect on heart lipids.

The potency that Newayceutical's Hawthorn Extract Ultra Strength [now Heart Healthy Hawthorn] carries is several times that of competitor hawthorn products. After using this product I could actually feel my heart become stronger during periods of increased inactivity and increased stress. Some rat experiments have shown that when combined with garlic (*Allium sativum*), *Crataegus* showed a marked protective effect against tissue necrosis. The results in several studies showed that hawthorn rivaled or bettered the most efficacious prescription cardiovascular drugs, and with little to no side effects.

The German Commission E, the EU's FDA counterpart, made a positive recommendation about the flower and leaf extract of hawthorn, citing its combined pharmacological effects on the heart as being positively inotropic (an agent that increases the strength of muscular contraction), chronotropic (favorably changes the heart rate) and dromotropic (changes the amount of time it takes the heart to complete one beat). Its negative bathmotropic effect (influencing the excitability of especially cardiac muscular tissue) makes this heart muscle calming herb unique among anti-arrhythmic drugs, with few side effects. The commission stated that the herb enhances coronary and myocardial circulation by dilating coronary vessels, thereby relieving cardiac hypoxemia. No wonder that in Europe, *Crataegus* extract has gained full recognition in the treatment of age-related degenerative heart diseases.

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