

CARDIOCALM DROPS™

NPN: 80129358

1 mL (32 Drops) of Oral Tincture contains:

10:1 dried extracts of:

Hawthorn Fruit (317.7 mg DHE* – *Crataegus laevigata*)

Skullcap (85.0 mg DHE* – *Scutellaria lateriflora* aerial parts)

Indian Sarsaparilla (38.6 mg DHE* – *Hemidesmus indicus* root)

Peppermint (35.2 mg DHE* – *Mentha x piperita* leaf)

Hawthorn Flower & Leaf (31.8 mg DHE* – *Crataegus laevigata*)

European Mistletoe (31.8 mg DHE* – *Viscum album* leaf)

Cayenne (2.0 mg DHE* – *Capsicum annuum* fruit)

Non-medicinal ingredients:

purified water, ethanol USP, glycerin, spearmint flavour.

*DHE = Dry Herb Equivalent

Directions of Use:

Adults, take 1-3 ml, 3 times daily. Shake well. Use for at least 2 months to see beneficial results.

Indication:

Used in Herbal Medicine to help relieve restlessness and/or nervousness, and to help maintain/support cardiovascular health in adults.

Detailed Information:

Cardio Calm Drops™ is an hydroethanolic tincture consisting of seven (7) herbal ingredient extracts, mainly hawthorn fruit and skullcap herb, but also lesser amounts of Indian sarsaparilla root, peppermint leaf, hawthorn leaf & flower, European mistletoe leaf, and cayenne fruit that, together, are supportive and complementary to the Cardio Calm Drops™ formulation when it is taken as recommended as a calmative and/or for maintenance/support of cardiovascular health in adults. Anxiety and associated disorders are commonly associated with the onset and progression of cardiovascular diseases¹. Inasmuch, calmative agents are integral components of products like Cardio Calm Drops™ that are taken to maintain/support cardiovascular health.

Hawthorn preparations have long been considered among the most valuable tonic remedies for the cardiovascular system⁷. They are used Traditionally to strengthen and invigorate the heart and circulatory function², based on their mildly sedative, analgesic, antispasmodic, antiarrhythmic, diuretic, hypotensive, hypothermic, vasodilatory, and cardiogenic actions³.

Hawthorn has been indicated for the refractory period⁸. Randomized, placebo-controlled, double-blind clinical studies have demonstrated hawthorn fruit extracts to be effective in improving exercise tolerance and quality of life in patients with congestive heart failure (NYHA Stage II)⁹. Similarly, hawthorn leaf & flower preparations have been clinically shown to increase exercise capacity in patients with congestive heart failure (NYHA Stage II)¹¹ and patients with heart failure-related signs and symptoms¹², as well as to increase maximum workload and reduce blood pressure/heart rate product concomitant with improving dyspnea and fatigue¹³, and to significantly reduce resting diastolic blood pressure, and reduce anxiety¹⁴. Hawthorn preparations help to dissolve deposits in thickened and sclerotic arteries¹⁵, have positive inotropic effects on human heart muscle, help to reduce stimulus threshold, and increase coronary vasodilation¹⁶. They have been clinically shown to increase the force of heart muscle contraction and lengthen the refractory period¹⁷. They are cost-effective alternatives/ adjuncts to chemical-synthetic drugs for mild forms of arrhythmia and tachycardia, and for early treatment of cardiac insufficiency¹⁸. On the basis of available evidence, there are no known risks associated with the long-term use of hawthorn^{3,4,8}.

Skullcap aerial parts are used (Traditionally) in Herbal Medicine as a sleep aid¹⁹. It is among the best anxiolytic (anti-anxiety) agents available to herbalists to help strengthen, support and calm the nervous system^{20,21}. One of its main active constituents, the flavone baicalein, has demonstrated cardioprotective effects in numerous in vitro and in vivo animal studies^{22,23}, supporting the Traditional use of skullcap also for functional cardiac disorders attributable to nervous causes, and that are associated with an intermittent pulse²⁴. It is considered to be one of the four main ingredients of Traditional herbal formulations for weakness of the heart²⁰.

Indian sarsaparilla root has not been used in any clinical trials, but has a long history of use in Ayurvedic Medicine as an alterative/restorative tonic and “blood purifier”^{25,26}. While having similar properties to American sarsaparilla (*Smilax* spp.), including as an anti-inflammatory, its higher content of coumarin may at least partially contribute to the broader use of Indian sarsaparilla root and its “blood purifying” properties. These properties complement the Cardio Calm Drops™ formulation when taken as recommended.

Peppermint leaf is well known for its use in the treatment of various digestive complaints²⁷, including flatulent dyspepsia, and to help reduce the tone of the gastroesophageal sphincter²⁸, making it useful to help reduce or alleviate sympathetic spasms that can manifest as heart palpitations^{2,6,7}. Peppermint leaf, itself, is a common folk remedy for heart palpitations²⁹, circulatory problems, heart muscle weakness, and heart disturbances attributable to intestinal gas, dyspepsia and/or indigestion^{6,7}.

European mistletoe leaf preparations are used orally in Traditional Herbal Medicine as cardiotoxic and cardioprotective agents with mild hypotensive action^{30,31,32}. They have been described as particularly helpful in the relief of subjective symptoms associated with cardiovascular deficiencies, for which there is early clinical support^{33,34,35}.

Cayenne fruit is well known for its stimulant and counterirritant effects, and has long been recognized as one of the most powerful and persistent of cardio-stimulants known, with a primary influence on circulation³⁶, even when only very small amounts are consumed³⁷. It is used Traditionally in Herbal Medicine to help support peripheral circulation when taken at a dry weight equivalent dosage of 15-650 mg/day³⁸. It's main active constituent, capsaicin, has also been shown to increase the permeability of epithelial cells of the gastrointestinal tract to ions and macromolecules^{39,40}, thereby facilitating the absorption of medicinal agents and other herbs with which it is co-administered.

The specific combination of herbal extract ingredients making up the **Cardio Calm Drops™** formulation is unique, and provides a safe, gentle and effective product for its licensed use as a Natural and Non- prescription Health Product as a calmative to help relieve restlessness and/or nervousness and to help maintain/support cardiovascular health in adults.

Cautions and Warnings:

Consult a health care practitioner prior to use if you have heart disease, high blood pressure, high cholesterol, anemia, bleeding/clotting disorders, stomach ulcer or gallstones, or if you are taking other medications and/or supplements. Consult a health care practitioner if symptoms persist or worsen. Store away from children.

Contra-Indications:

Do not take if you are pregnant or breastfeeding.

Known Adverse Reactions:

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity/allergic reactions are known to occur; headaches, dizziness, light-headedness, and thirst may occur, in which case discontinue use.



Strauss Naturals Ltd

929B Laval Crescent, Unit 5
Kamloops BC V2C 5P4

Local/Int: 250 376 5216
Toll Free Phone: 1 866 478 2873

info@straussnaturals.com
www.straussnaturals.ca

References available upon request. © Copyright 2024 Strauss Naturals Ltd. All Rights Reserved.

Disclaimer: The information contained in this article is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment, or advice of a qualified, licensed medical professional. The facts presented are offered as information only, not medical advice, and in no way should anyone infer that we are practicing medicine. Seek the advice of a medical professional for proper application of this material to any specific situation. No statement in this article or on our website has been evaluated by the Food and Drug Administration. Any product mentioned or described in this article or on our website is not intended to diagnose, treat, cure, or prevent any disease.