

Don't ignore what your **ACHING LEGS** is telling you

Today's busy lifestyle or long periods of standing or sitting can leave your legs feeling achy and heavy and increase strain on your leg veins. Sitting in meetings or in front of your computer all day, running in heels and travelling can all take the toll on your legs and feet.

What are **Varicose Veins** and **Spider Veins**?

Varicose veins are enlarged veins that are purple or blue in colour and may appear swollen and bulging above the surface of the skin. Any vein may become varicose, but the veins most commonly affected are those in your legs and feet.

Spider veins are tiny veins that can be easily seen and often look like a spider's web. They are found closer to the skin and are often red or blue colour. This milder form of varicose veins may also affect the face or other areas of the body.

Did You Know?

It is estimated that about 1 in 5 adults will get it at some point in their lives. It is more common in women than in men.

What are the symptoms of **Varicose Veins**?

Varicose veins are caused by abnormal blood flow within the venous system and can be associated with the following symptoms:



Leg heaviness and fatigue



Pain and achiness



Swelling, burning or itching



Muscle cramps or pain



Who is at Risk?

The factors that increase your risk of developing varicose veins include:

- **Family history.** Some people are more likely to develop varicose veins because it runs in the family
- **Age.** The risk of varicose veins increases with age
- **Gender.** Women are more likely to develop varicose veins than men because of female hormones tend to relax vein walls
- **Pregnancy.** Hormonal changes and weight gain make it harder for the blood to flow back to the heart properly
- **Obesity.** Being overweight puts added pressure in the legs and veins
- **Prolonged standing or sitting.** Your blood does not flow as well if you are in the same position for long periods



What is **Red Vine Leaf** used for?



Red Vine Leaf Extract is used for the relief of symptoms associated with chronic venous insufficiency (CVI), which is characterised by swollen legs, varicose veins, a feeling of heaviness, pain, tiredness, itching, tension and cramps in the lower legs.

Red Vine Leaf Extract contains the pharmacologically important flavonoids that help to strengthen and protect the vein walls. Capillary permeability was reduced and this led to a reduction in swelling. These beneficial effects help to:

- ✓ Improve blood flow and reduce swelling of lower legs
- ✓ Promote healthy leg circulation and relieve aching, tired and heavy legs
- ✓ Manage symptoms of varicose veins
- ✓ Relieve symptoms associated with haemorrhoids such as itching and burning

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Red Vine
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References: (1) PubMed Health (13 July 2016). Varicose Veins: Overview. <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072431/> (2) Vascular Cures (22 April 2018). Focus on Varicose Veins. <http://www.vascularcures.org/images/VDF-Diseases-Flyers/focus-on-varicose-veins-flyer/Vascular%20Cures.pdf> (3) Kiesewetter H et al. (2000) Efficacy of Orally Administered Extract of Red Vine Leaf AS 195 (folia vitis viniferae) in Chronic Venous Insufficiency (Stages I-II). *Arzneim.-Forsch./Drug Res.* 50 (1), 109-117. (4) Kalus U et al. (2004) Improvement of Cutaneous Microcirculation and Oxygen Supply in Patients with Chronic Venous Insufficiency by Orally Administered Extract of Red Vine Leaves AS 195. *Drugs R D.* 2004;5(2):63-71.

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