



Category 1
Liquid Special Formulas
(E=Extract T=Tincture)



CARDO PLUS (E)
(Heart Tonic) #11100
100 ml

Description: CARDO: This formula is a cardiovascular tonic, balanced with the same system the Chinese use, by combining stimulating, relaxing and nutritive herbs. This formula can be used for almost every type of heart condition without worry of overstimulating the heart. It is a good tonic for use in preventative therapy for most heart and circulation problems. **Properties:** antimicrobial, antispasmodic, astringent, cardiac, carminative, cathartic, diaphoretic, diuretic, emetic, emmenagogue, expectorant, nervine, relaxant, sedative, stimulant, tonic, vasodilator, vulnerary.

| Contents / Ingredients | Traditional Therapeutic Action |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Horsetail grass (Equisetum arvense) | <ul style="list-style-type: none"> rich in several other minerals that the body uses to rebuild injured tissue very high in the silica and the silicates |
| Hawthorne berries (Crataegus oxyacantha) | <ul style="list-style-type: none"> increased enzyme metabolism in the heart muscle leading to better coronary health has an oxygen-saving effect on the heart muscle under stress promotes peripheral circulation around partially blocked arteries |
| Balm of Gilead (Populus candicans) | <ul style="list-style-type: none"> stimulates the activity of the physiological processes |
| Valerian (Valeriana offic.) | <ul style="list-style-type: none"> good to stop heart palpitations slows action of the heart while strengthening it |
| Lobelia (Lobelia inflata) | <ul style="list-style-type: none"> is effective in causing immediate relaxation and expansion of the contracted parts of the respiratory system, allowing oxygenized blood to flow freely |
| Wood betony (Stachys offic.) | <ul style="list-style-type: none"> mildly stimulating to the heart |
| Mistletoe (viscum album) | <ul style="list-style-type: none"> a toner for cardiac problems |
| Lady's slipper (Cypripedium pubescens) | <ul style="list-style-type: none"> a pure nervine and relaxant stops heart palpitations |
| Hops (Humulus lupulus) | <ul style="list-style-type: none"> increases heart action and capillary circulation |

COMPLEMENTARY SUPPLEMENTATION:

CAYENNE: This is one of the oldest heart herbs. Cayenne can be used as an emergency treatment for heart attack. It will usually stop an attack in moments, administer one teaspoon of cayenne to 1/2 cup of water. Cayenne used with garlic is one of the best blood pressure regulators there is. **LECITHIN:** 1,200 mg of this supplement once or twice daily will complement a herbal program for the cardiovascular system. **VITAMIN C:** The antiinflammatory factors of vitamin C are very important. **GINKGO:** excellent support herb for this formula.

SUGGESTED DOSAGE: 1 teaspoon 3 times daily

PRECAUTION:

PREGNANCY & LACTATION - Avoid. **INTERACTIONS WITH OTHER DRUGS** - Reduce dosage by half if taking digitalis - see qualified practitioner if in doubt.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.