



# Hawthorn Berries

*Nature's Harmony® Hawthorn Berries is an exceptional herbal supplement that has been used traditionally to strengthen and invigorate heart and circulatory function.*

PRODUCT CODE: 400824

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditional Herbal Medicine for use as a cardi tonic (increases heart muscle tone).	Capsules	Adults take 2 capsules daily. For prolonged use, consult a health care practitioner.

## DESCRIPTION:

Each capsule of Nature's Harmony® Hawthorn Berries contains 550 mg of hawthorn (*Crataegus laevigata*) berries. This product is free of corn, dairy, egg, gluten, lactose, nuts, shellfish, sodium, soy, starch, sugar, sulphites, yeast, and artificial colours, flavours, and preservatives.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Poor diet, lack of exercise.

**Symptoms of Deficiency:** Weak heart and circulatory function

**Complementary Nutrients:** Healthful diet and lifestyle.

## HOW IT WORKS:

Hawthorn berries contain procyanidins, which act as antioxidants. Used traditionally as a cardi tonic, hawthorn berries' activities may prevent or reduce the degenerative process associated with the development of coronary heart disease.



## DID YOU KNOW...

*Hawthorn is one of the oldest known medicinal plants used in European medicine. Its actions on the heart were reported by first century Greek herbalist Dioscorides and in the early sixteenth century by Swiss physician Paracelsus.*

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## RESEARCH:

The efficacy of hawthorn is borne out by its long history of safe and effective use as a cardi tonic. A meta-analysis of 13 rigidly selected clinical trials (randomized, double-blind, and placebo controlled) using hawthorn for patients with chronic heart disease concluded that there is a significant benefit from hawthorn as an adjunctive treatment for chronic heart failure. Hawthorn has been applied traditionally to the treatment of coronary circulation, coronary complications, weak heart, hypotension, and arteriosclerosis.

## SIDE EFFECTS:

Generally, reported side effects to hawthorn have been infrequent, mild, and transient. However, some individuals may experience an allergic/sensitivity reaction to hawthorn. Discontinue if product causes dizziness, shortness of breath, or increased heart rate.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

This product is not suitable for self-medication of heart disease. Do not use if allergic/sensitive to hawthorn or other Crataegus plants. Consult a health care practitioner before use if you have low blood pressure or take cardiovascular, respiratory, and /or blood pressure lowering medication.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

**Natures Harmony®**

**Baies d'aubépine**  
550 mg

**Utilisé traditionnellement comme cardi tonique.**

**60 capsules**  
NPN 80006254

**Usage recommandé :** Remède traditionnel pour le coeur à utiliser comme cardi tonique (augmente la tonicité du myocarde).  
**Dose recommandée (adultes) :** Prendre 2 capsules par jour. Pour un usage prolongé, consulter un praticien de soins de santé.  
**Ingédients médicinaux :**  
Baies d'aubépine  
(Crataegus laevigata).....550 mg  
**Ingédients non médicinaux :** cellulose microcristalline, stéarate de magnésium, oxyde de silicium, gélatine.  
**Information sur les risques :** Ce produit ne doit pas servir à l'automédication relativement aux maladies du coeur. Les femmes enceintes ou allaitantes et les personnes qui sont allergiques ou sensibles à l'aubépine ou à toute autre espèce du genre Crataegus doivent éviter de prendre ce produit. Les personnes qui souffrent d'hypotension artérielle ou qui prennent des médicaments pour troubles cardiovasculaires, respiratoires ou pour abaisser la pression artérielle doivent consulter un praticien de la santé avant de prendre ce produit. Cesser l'usage en cas d'étourdissements, de respiration courte ou d'augmentation de la fréquence cardiaque.  
Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, lactose, crustacés, soya, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.  
**RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.**

**Natures Harmony®**

**Hawthorn Berries**  
550 mg

**Traditionally Used as a Cardi tonic**

**60 Capsules**  
NPN 80006254

**Recommended Use:** Traditional Herbal Medicine for use as a cardi tonic (increases heart muscle tone).  
**Recommended Dose (Adults):** Take 2 capsules daily. For prolonged use, consult a health care practitioner.  
**Medicinal Ingredients:**  
Hawthorn  
(Crataegus laevigata) berries.....550 mg  
**Non-medicinal Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.  
**Risk Information:** This product is not suitable for self-medication of heart disease. Do not use if pregnant, breastfeeding or allergic/sensitive to hawthorn or other Crataegus species. Consult a health care practitioner before use if you have low blood pressure or take cardiovascular, respiratory and/or blood pressure lowering medication. Discontinue use if product causes dizziness, dyspnea (shortness of breath), and/or increased heart rate.  
This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, starch, sugar, sulfites, yeast, or artificial colours, flavours or preservatives.  
**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

**C.C. Natural Products, Inc. Limited**

**A Proud Canadian Company  
Une compagnie canadienne fière de l'être.**

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