A bioflavonoid complex supplement with Hesperidin, Rutin and Bromelain.

**Bioflavonoids:**
- Are plant pigments found in every vascular plant. These pigments give flowers and foods their yellow, orange or red color.
- Enhance the effectiveness of Vitamin C.*
- Support capillary strength and proper vascular function.*
- Are required by the body to help strengthen the overall immune system and protect Vitamin C against oxidation within the body.*
- The human body cannot produce bioflavonoids, so they must be supplied in the diet.

**Healthy Capillary Strength** supports:
- Cardiovascular Health*
- Eye Health*
- Skin Health*
- Vascular Integrity*

**Ingredients of Interest:**

- **Mixed Citrus Bioflavonoids:**
  - Citrus bioflavonoids are those bioflavonoids, found in citrus fruits such as lemon, orange, tangerine, grapefruit, etc.
  - Citrus bioflavonoids possess antioxidant activities, which help to support healthy aging.*

- **Hesperidin:**
  - The flavonoid hesperidin is a flavanone glycoside comprised of the flavanone (a class of flavonoids) hesperitin and the disaccharide rutinose.
  - Hesperidin supports joint and nasal comfort as well as vascular function through its ability to interfere with the metabolism of arachidonic acid as well as with histamine release.*

- **Rutin:**
  - Rutin is a bioflavonoid comprised of the flavonol quercetin and the disaccharide rutinose.
  - Quercetin is an antioxidant that helps to maintain prostaglandin levels.*
  - As an antioxidant, Rutin has been demonstrated to scavenge superoxide radicals.*
  - Rutin may also help maintain levels of the biological antioxidant glutathione, the master antioxidant within all cells.* Taken with Vitamin C, it helps inhibit the oxidation of Vitamin C.*

- **Bromelain:**
  - Bromelain supports digestion of protein, which left undigested may promote certain allergic reactions in the body.*
  - Bromelain is beneficial in treating swelling due to trauma or surgery.*

- **Pectin:**
  - A natural fiber that supports vascular health by helping to keep cholesterol within normal ranges.*

**Supplement Facts**
**Serving Size:** 1 Tablet
**Amount Per Serving:**
- Calcium (as Ca Carbonate) 29 mg
- Mixed Citrus Bioflavonoids 1000 mg
- Hesperidin Bioflavonoid 200 mg
- Rutin Bioflavonoid 50 mg
- Bromelain 50 mg
- Pectin 100 mg

Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, vegetable stearate, hydroxypropyl methylcellulose (coating).

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**Suggested Use:** As a dietary supplement, take 1 tablet with each meal, or as directed by your healthcare practitioner.

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