Gotu kola (Centella asiatica)
Standardised to contain 20% triterpenes, 8% asiaticoside and 5.5% madecassoside
The natural cure for poor circulation

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<th>1 unit</th>
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<td>100 mg / 60 capsules</td>
<td>18,00 €</td>
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PRINCIPAL INDICATIONS:
Cardiovascular (bloodstream, pressure)

Gotu kola (Centella asiatica (L.) Urb.) has been used for 3000 years in Ayurvedic medicine and is a natural and effective remedy for pain and swelling caused by venous insufficiency.

Our standardised extract of aerial parts of Gotu kola contains 20% triterpenes, 8% asiaticoside and 5.5% madecassoside.

Triterpenes, asiaticoside and madecassoside in gotu kola help to relieve the symptoms of venous insufficiency by enhancing collagen synthesis, maintaining balance in connective tissue and improving microcirculation.

Thanks to its high level of standardised contents, our Gotu kola acts to alleviate the symptoms of various venous disorders (chronic venous insufficiency, venous hypertension, varicose veins). It is also effective in fighting against circulatory problems that occur in long-haul flights.

Composition

INGREDIENTS:
2 capsules contain: 200 mg of dry extract of gotu kola leaves (Centella asiatica (L.) Urb.) standardised to contain 20% triterpenes (i.e. 40 mg), 8% asiaticoside (i.e. 16 mg) and 7% madecassoside (i.e. 14 mg).

Other ingredients:

ALLERGENS:
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:
This dietary supplement is manufactured by a GMP-compliant laboratory (GMPs are the Good Manufacturing Practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests.
which can be viewed online.

Use

DIRECTIONS:
2 capsules per day with half a glass of water at mealtime.

WARNINGS:
Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ADVICES:
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:
Store in a cool dry place away from sunlight.

Detailed information

• Description and origin
Gotu kola (Centella asiatica (L.) Urb.) is a climbing plant that belongs to the Apiaceae family. It is indigenous to India and is known for its fan-shaped leaves and tiny white flowers (1). It grows in wet areas, on the banks of lakes and in tropical and subtropical climate regions (2).

• History
Gotu kola has traditionally been used in Asia for wounds, leprosy and psoriasis, for increase longevity, revitalise nerve cells and for depression. In Ayurvedic medicine, it has been used for thousands of years to improve memory and cognitive function and features in the classic ancient text: “Sushruta Samhita” (3).

• Composition
The active principles of gotu kola are triterpene saponins, primarily asiaticoside and madecassoside. It also contains tannins, mucilages, essential oil, free amino acids, flavonoids and fatty acids (4).

• Our extract

Extract name: Dry extract of gotu kola standardised to contain 20% triterpenes, 8% asiaticoside and 5.5% madecassoside

Scientific name: Centella asiatica (L.) Urb.

Part used: Above-ground parts

• Benefits
The main uses of gotu kola extract are the treatment of venous insufficiency, healing wounds, varicose veins, avoid the formation of keloids and hypertrophic scars, improving cognitive function and as an anxiolytic.
One dose of our product (2 capsules) contains 40 mg of triterpenes, 16 mg of asiaticoside and 11 mg of madecassoside.

- Studies/research

Gotu kola is used in cases of venous insufficiency by strengthening the veins, maintaining balance in connective tissue and improving microcirculation (3). Various studies have found gotu kola extract to improve microcirculation in cases of venous hypertension and venous hypertensive microangiopathy, and to reduce increased capillary filtration in patients with venous hypertension (5). It is recommended in case of varicose veins and studies have found it to be effective in helping to avoid the occurrence of oedema and microcirculation problems that can occur during long flights (6). Along with these properties, gotu kola extract has also been found to have anti-inflammatory and antioxidant properties that help to relieve arthritic pain.

- Bibliography


