

FRILABIOL Circulation



Ginkgo biloba

Ginkgo biloba, also known as the "maidenhair tree" or the "tree of forty crowns" is a tree native to China and has been cultivated for thousands of years for various uses. As the only surviving species of an ancient botanical order, it is sometimes described as a "living fossil." Its leaves and seeds have been used in traditional Chinese medicine. However, modern research focuses mainly on ginkgo extract obtained from the leaves.

Ginkgo supplements are associated with numerous health claims, mostly related to:

- Brain function
- Blood circulation



Horse Chestnut

The horse chestnut tree originates from Asia and was introduced to Europe in the 16th century by Turkish invaders. It was once an important medicinal plant used for treating both humans and animals, especially horses.

Today, it is widely grown around the world as an ornamental tree. During the Middle Ages, different parts of the plant were used medicinally. From the 19th century onward, the seeds gained major importance in medicine. Seed extracts were already being used for therapeutic purposes in the early 1800s, particularly for treating hemorrhoids.

The active constituents of the extracts have been identified as saponins. Traditionally, horse chestnut extracts are used:

- Topically to treat bruises and swelling
- Orally to prevent and treat various peripheral vascular disorders

Witch Hazel

Witch hazel is a plant with strong medicinal properties and can be used in various ways. Several species exist, but Hamamelis virginiana, a shrub native to North America, is the most widely used in traditional medicine in the United States.

Its leaves and bark are used to make infusions and ointments. Applied mainly to the skin and scalp, witch hazel is known for its ability to:

- Soothe inflammation
- Calm sensitive or irritated skin

It can also be added to herbal teas and consumed in small quantities as a natural remedy for certain conditions.



EFFICACITÉ ET INDICATIONS

- Ginkgo contains powerful antioxidants that help combat the harmful effects of free radicals.
- It has the ability to reduce inflammation associated with various health conditions.
- It may improve blood circulation by promoting the dilation of blood vessels.
- Some research suggests it may enhance mental performance in healthy individuals.
- By improving blood flow and reducing inflammation, it may be effective against certain types of headaches.
 - It may improve symptoms associated with respiratory conditions due to its antiinflammatory effects.
- It may be effective in the shortterm treatment of chronic venous insufficiency (CVI), which causes varicose veins, swelling, and leg pain.
- Horse chestnut seed extract may improve circulation and reduce varicose veins.
- It may reduce inflammation and water retention linked to CVI, injuries, or surgical procedures.
- It may relieve hemorrhoid symptoms, such as pain and swelling.
- It has antioxidant activity, protecting cells from freeradical damage.
- It may have potential anticancer effects (more research needed).
- Varicocele—inflammation of veins near the testicles—can cause infertility. A compound from horse chestnut may improve sperm quality and reduce varicocele.
- It contains numerous antiinflammatory compounds beneficial for overall health.
- It may reduce skin redness and soothe irritated or sensitive skin.
- It is used to reduce itching, redness, pain, bleeding, and swelling associated with hemorrhoids.
- Acts as an astringent, tightening pores and soothing the skin.
- May reduce scalp irritation and inflammation.
- Sometimes used for dandruff and dryness (effectiveness still uncertain).
- Traditionally used as a natural remedy for sore throat.

