



CIRCULATE-IT

CIRCULATE-IT kapsules is 'n samestelling van die kruie Ginkgo biloba en Gotu Cola (*Centella asiatica*), en speel 'n baie belangrike rol in die stryd teen swak bloedsirkulasie, 'n traë limfatiese stelsel en swak geheue. Goeie bloedsirkulasie is van uiterste belang vir optimale breinfunksie, geheue en konsentrasie.

Gesonde bloedsirkulasie verseker dat bloed en suurstof aanhoudend deur die liggaam sirkuleer, en help om die brein skerper, die hart gesonder en wonde vinniger te laat genees. Swak sirkulasie belemmer bloedvloei, sodat die brein- en liggaamselle nie die nodige suurstof en voedingstowwe ontvang nie. Studies toon dat die gebruik van hierdie kruie 'n positiewe impak op kognitiewe funksie het, veral by ouer volwassenes, juis omdat dit bloedvloei na die brein verbeter. Swak bloedsomloop word veroorsaak deur gesondheid-kwessies soos oorgewig, diabetes, harttoestande en arteriële probleme.

Voordele van CIRCULATE-IT kapsules:

- Stimuleer bloedsomloop en 'n traë limfatiese stelsel.
- Studies toon dat die anti-inflammatoriese eienskappe van Gotu Cola gewrigsontsteking, en erosie van been en kraakbeen, verminder.
- Studies toon dat Venouse ontoereikendheid (swak funksionering van aarkleppe in die bene wat pyn en swelling veroorsaak) verbeter met die gebruik van Gotu Cola.
- Antioksidant-eienskappe van *Ginkgo biloba* neutraliseer vrye radikale in die liggaam, en beskerm teen oksidatiewe stres.
- Navorsing dui daarop dat Gotu Cola kollageenproduksie stimuleer, wat wondgeneesing, weefselherstel, en velgesondheid bevorder.
- Studies toon dat die flavonoïede in *Ginkgo biloba* simptome van ouderdomverwante makulêre degenerasie (AMD) vertraag en selfs stop.

Verbeter bloedsirkulasie ook op die volgende maniere:

- Doen meer kardiovaskulêre oefeninge soos hardloop, fietsry of stap.
- Hou op rook. Dit is nadelig en belemmer bloedvloei, vernietig bloedvatwande, en veroorsaak dat plaak in die are opbou.
- Vul omega-3 vetsuur-inname aan vir beter hartgesondheid.

Bloeding-risiko: *Ginkgo biloba* kan die risiko van bloeding verhoog en moet nie saam met bloedverdunningsmedikasie soos warfarin, of antiplaatjie-middels soos aspirien, gebruik word nie.

Veiligheid tydens swangerskap en borsvoeding is nie getoets nie.



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CIRCULATE-IT capsules are a composition of the herbs Ginkgo biloba and Gotu Kola (*Centella asiatica*) and play a crucial role in the fight against poor blood circulation, sluggish lymphatic system, and weak memory. Good blood circulation is of utmost importance for optimal brain function, memory, and concentration.

Healthy blood circulation ensures that blood and oxygen continuously circulate throughout the body, helping to keep the brain sharp, the heart healthier, and wounds healing faster. Poor circulation hinders blood flow, preventing brain and body cells from receiving the necessary oxygen and nutrients. Studies suggest that the use of these herbs has a positive impact on cognitive function, especially in older adults, because it improves blood flow to the brain. Poor blood circulation is caused by health issues such as obesity, diabetes, heart conditions, and arterial problems.

Benefits of CIRCULATE-IT capsules:

- Stimulate blood circulation and a sluggish lymphatic system.
- Studies indicate that the anti-inflammatory properties of Gotu Kola reduce joint inflammation, cartilage erosion, as well as bone erosion.
- Studies have shown improvement in Venous insufficiency (poor functioning of vein valves in the legs which causes pain and swelling) with the use of Gotu Kola.
- The antioxidant properties of *Ginkgo biloba* neutralise free radicals in the body and protect against oxidative stress.
- Research suggests that Gotu Kola stimulates collagen production, thus promoting tissue repair, wound healing, and skin health.
- Studies show that the flavonoids in *Ginkgo biloba* slow down and even halt symptoms of age-related macular degeneration (AMD).

Improving blood circulation also involves the following:

- Engaging in more cardiovascular exercises such as running, cycling, or walking.
- Quit smoking. It is detrimental and hinders blood flow, destroys blood vessel walls, and causes plaque build-up in the arteries.
- Supplementing omega-3 fatty acid intake for better heart health.

Bleeding risk: *Ginkgo biloba* can increase the risk of bleeding and should not be used with blood-thinning medications such as warfarin, or antiplatelet drugs like aspirin.

Safety during pregnancy and breastfeeding has not been tested.



ENGLISH: During her 2nd pregnancy, Mariska struggled with severe eczema on one hand. At times, the eczema was so bad, and her hand so swollen, that she could not close it properly.

I gave her a tube of X-BALM to use. She applied several times a day and as can be seen in the photo, the eczema completely disappeared after 2 days.



AFRIKAANS: Tydens haar 2de swangerskap het Mariska met erge ekseem op haar een hand gesukkel. Met tye was die ekseem so erg, en haar hand so geswel, dat sy hom nie behoorlik kon toemaak nie.

Ek het vir haar 'n buisie X-BALM gegee om te gebruik. Sy het 'n paar keer per dag aangesmeer en na 2 dae het die ekseem heeltemal verdwyn, soos gesien kan word op die foto.

Specials

APRIL 2024



Mn

Cu

R140
SAVE R12
JOINT SUPPORT
60 Capsules

R100
SAVE R16
WRINKLE-LESS
50 ml

R120
SAVE R30
Tone+
150 ml



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