

PROMEDICS BOTANICAL BOOTCAMP ANTI-AGING AND CIRCULATION

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
MEMORY LOSS, COGNITIVE DECLINE, VASCULAR DEMENTIA, PAD, ALZHEIMER'S DS.	GINKGO FORTE	1 tab bid - 3 tabs bid	2 mo min for vascular effects	CI with products that affect blood coagulation (eg blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding
CHRONIC VENOUS INSUFFICIENCY, SPRAINS, STRAINS, POOR PERIPHERAL CIRCULATION, VARICOSITIES, HEMORRHOIDS	HORSECHESTNUT COMPLEX	1 tab bid - 2 tabs bid	1 mo min	May cause gastric irritation
CHRONIC INFLAMMATORY DISORDERS, PAIN, OA, RA, ENDOMETRIOSIS, ASTHMA, BRAIN TUMOURS	BOSWELLIA COMPLEX	2 - 3 tabs bid with food	2 weeks min	CI ulcers, bile obstruction, nifedipine use. Caution with thyroxine, antacids, blood thinners, and talinolol
ATHEROSCLEROSIS, HYPERTENSION, POOR CIRCULATION, URTI, GUT DYSBIOSIS	GARLIC FORTE	1 tab b-qid	within one week for infection, 1 mo for circulation	Caution with anti platelet and anticoagulant drugs, may potentiate effects at doses >3g
AGING, EDEMA, VISION DECLINE, POOR CIRCULATION, VARICOSITIES, ALLERGY	VITANOX	1 tab b-tid	2 mo min	Caution with iron deficiency, gallstones/bile duct obstruction, and stomach ulcers. CI pregnancy and breastfeeding
CIRCULATORY DISEASE, CANCER, LOWERED IMMUNITY, RADIATION, DENTAL PULPITIS	PADMA FORMULA	2-3 caps bid	2 mo min	CI in TCM Wind conditions