



Venovia

When your legs need additional support

MPFF – diosmin and hesperidin, Ruscus aculeatus, Centella asiatica, Vitamin C

FOUR COMPLEMENTARY COMPONENTS. ONE COMPREHESIVE APPROACH.



A feeling of heaviness, fatigue and discomfort in the legs?

Prolonged standing or sitting, insufficient physical activity, hereditary predisposition, excess body weight and hormonal changes may adversely affect **venous circulation**.

The Venovia formula combines ingredients with complementary mechanisms of action, **selected to support:** venous tone, venous circulation, microcirculation, capillary function, the structure of connective tissue, the vascular wall, normal collagen formation, normal blood vessel function

Venovia 30 capsules	One capsule contains:
Diosmin and Hesperidin from MPFF	250 mg
Butcher's broom rhizome and root extract (<i>Ruscus aculeatus</i>), standardised to $\geq 10\%$ ruscogenins	55 mg 5,5 mg ruscogenins
Gotu kola aerial parts extract (<i>Centella asiatica</i>), standardized to $\geq 20\%$ triterpene derivatives	165 mg 33 mg triterpene derivatives
Vitamin C	30 mg

Recommended use:
2 capsules once **daily**

MPFF- DIOSMIN & HESPERIDIN:

A multi-target approach to venous circulation and microcirculation
Micronised purified flavonoid fraction—MPFF—contains 90% diosmin and 10% hesperidin. The micronisation process reduces particle size, thereby improving absorption and bioavailability compared with non-micronised forms. MPFF is the most extensively studied flavonoid fraction in the management of chronic venous disease.

Experimental and clinical studies have demonstrated its effectiveness in relieving the most common symptoms of chronic venous disease, including: leg pain, a feeling of heaviness and swelling, cramps and functional discomfort¹

A systematic review and meta-analysis of 11 randomised clinical trials showed that MPFF may help relieve the main symptoms of haemorrhoidal disease, including bleeding, anal discharge, pain, itching and tenesmus. A statistically significant reduction in

bleeding and anal discharge was observed, together with significantly greater overall clinical improvement compared with control groups.²

BUTCHER'S BROOM

Ruscus aculeatus L.

The standardised rhizome and root extract of butcher's broom contains at least 10% ruscogenins.

Based on its long-standing use, preparations containing butcher's broom may be used to relieve discomfort and heaviness in the legs associated with minor circulatory problems, as well as itching and burning associated with haemorrhoids, after serious conditions have been ruled out by a physician.³

Butcher's broom was selected to support: venous circulation, venous tone and a feeling of lightness in the legs

GOTU KOLA *Centella asiatica* L.

The standardised extract of the aerial parts of the plant contains at least 20% triterpene derivatives.

Clinically demonstrated support for microcirculation.

A prospective, randomised, placebo-controlled clinical trial evaluated the efficacy of the total triterpene fraction of *Centella asiatica* in

patients with venous hypertensive microangiopathy. A daily dose of 60 mg and 120 mg resulted in a statistically significant improvement in microcirculatory parameters compared with placebo. A significant reduction in subjective symptoms associated with venous hypertension was also observed.⁴

VITAMIN C

Clinically demonstrated support for vascular endothelial health
Vitamin C complements the formulation through its role in collagen synthesis, protection of cells from oxidative stress and the maintenance of normal blood vessel function.

A study demonstrated the important role of vitamin C in regulating vascular endothelial function by stimulating endothelial cell proliferation, thereby contributing to the maintenance of vascular endothelial integrity.⁵

Authorised health claims for vitamin C relate to normal collagen formation for the normal function of blood vessels and the protection of cells from oxidative stress.⁶

Vitamin C contributes to: normal collagen formation, the normal function of blood vessels, the protection of cells from oxidative stress, the reduction of tiredness and fatigue

-
1. Ulloa J. H. (2019). Micronized Purified Flavonoid Fraction (MPFF) for Patients Suffering from Chronic Venous Disease: A Review of New Evidence. *Advances in therapy*, 36(Suppl 1), 20–25. <https://doi.org/10.1007/s12325-019-0884-4>
 2. Sheikh, P., Lohsiriwat, V., & Shelygin, Y. (2020). Micronized Purified Flavonoid Fraction in Hemorrhoid Disease: A Systematic Review and Meta-Analysis. *Advances in therapy*, 37(6), 2792–2812. <https://doi.org/10.1007/s12325-020-01353-7>
 3. European Medicines Agency (EMA) & Committee on Herbal Medicinal Products (HMPC) (2018). European Union herbal monograph on *Ruscus aculeatus* L., rhizoma. EMA/HMPC/188804/2017. Amsterdam: European Medicines Agency. Dostupno na: European Union herbal monograph on *Ruscus aculeatus* L., rhizoma (Pristupljeno: 15.07.2026).
 4. Incandela, L., Belcaro, G., Cesarone, M.R., De Sanctis, M.T., Griffin, M., Cacchio, M. et al. (2001). Total Triterpenic Fraction of *Centella asiatica* in the Treatment of Venous Hypertension: A Clinical, Prospective, Randomized Trial Using a Combined Microcirculatory Model. *Angiology*, 52(Suppl. 2), pp. S61–S67. <https://doi.org/10.1177/000331970105202512>
 5. Ulrich-Merzenich G, Zeitler H, Panek D, Bokemeyer D, Vetter H. Vitamin C promotes human endothelial cell growth via the ERK-signaling pathway. *Eur J Nutr*. 2007;46(2):87-94. doi:10.1007/s00394-006-0636-5

Multi-approach to venous circulation and microcirculation

Complementary support



MPFF – diosmin and hesperidin
Supports venous tone, microcirculation and capillary function.



Butcher's broom (Ruscus aculeatus)
Supports venous circulation.



Gotu kola (Centella asiatica)
Supports microcirculation and the structure of vascular connective tissue.



Vitamin C
Supports normal collagen formation for normal blood vessel function.

Why Venovia?



Evidence-based formulation

Based on scientific evidence, combining MPFF, standardized plant extracts and vitamin C with complementary action.



Multi-target approach

Supports different mechanisms important for venous circulation, microcirculation and healthy blood vessels.



Quality ingredients, proven benefits

Carefully selected and standardized ingredients for effective and safe daily support.