

Varicose veins are enlarged veins commonly found in the legs. The veins often appear dark purple or blue and twisted and bulging above the skin's surface. Varicose veins, called hemorrhoids, can form in the vagina or around the anus.

Leg veins have the toughest job. The task of carrying blood from the bottom of the body up to the heart make legs a prime location for varicose, spider and hemorrhoid veins. Hormonal changes that occur during puberty, pregnancy, and menopause, as well as taking birth control pills or hormone replacement therapy (HRT), which contain estrogen and progesterone, also increase the risk of varicose or spider veins. Obesity and constipation can make vein problems worse.

Diosmin, Horse chestnut, Butcher's broom and Hesperidin, which can be found in one formula, will quickly deal with swollen legs and ankles, hemorrhoids, varicose veins, chronic venous insufficiency and eventually spider veins.

Diosmin improves vein tone, increases lymphatic drainage, inhibits inflammation, strengthens capillaries, promotes healing of varicose ulcers and has been shown in clinical studies to eliminate acute and chronic hemorrhoids.

Horse Chestnut extract reduces pain and heaviness in the legs, night-time cramps in the calves, itchy, swollen legs, hemorrhoids and varicose veins. Aescin, the active ingredient in horse chestnut, tones the walls of the veins, improving the flow of blood back to the heart.

Butcher's broom extract acts on lymphatic drainage, the constriction of blood vessels and microcirculation, when used in combination with the other ingredients mentioned above. Butcher's broom has been found to reduce blood pooling in the lower leg and also the size of the ankle and calf.

Hesperidin is the main flavonoid in lemons and oranges. Hesperidin reduces the permeability of capillaries and is anti-inflammatory. In combination with diosmin, hesperidin significantly improves acute internal hemorrhoids.

You can see a full list of my recommendations for [varicose veins](#) and [hemorrhoids](#) in our Conditions section.