

Support for Peripheral Venous Health

Developed and reviewed by the clinical, chiropractic, and naturopathic members of the Standard Process team

Peripheral Venous Health and Importance

Healthy peripheral veins ensure proper blood circulation back to the heart. This is essential for oxygen and nutrient distribution throughout the body and for removing metabolic waste products. The peripheral venous system consists of superficial, deep, and communicating veins. Compared with arteries, veins have thinner walls with less muscular tissue. They have a larger lumen and are more compliant than arteries allowing them to hold more blood.

Gravity pulls blood downward increasing pressure in the lower extremities. This pressure is countered by several mechanisms of venous return: the respiratory pump, skeletal muscle pump, and venous tone. Veins in the legs contain one-way valves that support unidirectional flow to the heart and prevent blood from flowing backward due to gravity.

Healthy veins support tissue health and wound healing and allow for proper mobility. They also reduce the risk of abnormal clotting. Poor venous health can lead to chronic conditions like impaired venous return, chronic venous insufficiency, and varicose veins. These conditions can lead to impaired mobility and symptoms in the legs like swelling, skin changes, pain, and ulcers. Supportive lifestyle and nutritional therapies can support the integrity of venous tissue health and promote healthy circulation and proper venous return.

Supportive Lifestyle Practices

Encourage exercise that engages the calf muscles and promotes ankle mobility. Improving the physical conditioning of the calf muscles and ankle range of motion supports peripheral venous hemodynamics.¹

Consider compression therapy to support peripheral venous health. Benefits can include improved venous pump and microcirculation, reduced pericapillary edema, inhibition of lymphocyte adhesion, and increased nitric oxide production.²

Whole Foods Nutritional Recommendations

Recommend consumption of whole food sources of flavonoids including berries, buckwheat, apples, green tea, and whole herbs. Flavonoids support the integrity of veins and capillaries. They help modulate capillary permeability and fluid levels and support free radical scavenging and antioxidant capacity.³

Encourage adding foods rich in vitamin C like citrus, berries, and leafy green vegetables to promote vein tissue integrity and healthy circulation. Vitamin C supports the synthesis and deposition of type IV collagen in the basement membrane of the vascular epithelium and modulates endothelial proliferation and apoptosis.⁴ It also supports antioxidant activity and endothelial cell-derived nitric oxide production to help modulate blood flow.⁴

Dietary Supplement Regimen



Vascular Care Complex

Suggested Use: **1 tablet 2-3 times daily**

Vascular Care Complex contains Butcher's Broom, Horse Chestnut seed and Ginkgo leaf. These herbs have been traditionally used in herbal preparations to:

- Assist in the maintenance of healthy peripheral circulation*
- Support and maintain healthy tissue fluid levels, including in the legs*



Cyruta® Plus

Suggested Use: **1 tablet per meal**

Cyruta® Plus supports capillary integrity and function.*

- Supports healthy peripheral circulation*
- Contains several independent factors that help to maintain the integrity of capillary walls*



Collinsonia Root

Suggested Use: **3 capsules per day with a full glass of water between meals**

Collinsonia canadensis is an herb historically used to support vascular tissue and water balance.*



Gotu Kola 1:1

Suggested Use: **Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day**

Gotu Kola 1:1 contains Gotu Kola leaf traditionally used in herbal preparations to:

- Support healthy peripheral circulation*
- Promote healthy tissue function*
- Promote and support healthy skin tissue*

Assessment of Peripheral Venous Health

In Office/Physical Exam

- Physical Exam: Assess the lower extremities for discoloration, muscle atrophy, edema, absent pulses, and abnormal capillary refill time
- Signs/Symptoms including itching, paresthesia, pain and heaviness of the lower extremity, skin irritation and/or discoloration
- Assess risk factors such as age, tobacco use, family history, female gender, obesity, pregnancy, long sessions of sitting or standing
- Additional Testing: Ankle-brachial index, duplex ultrasound, or venogram

REFERENCES

1. Padberg, F. T., et al (2004). Journal of vascular surgery, 39(1), 79–87.
2. Berszakiewicz, A., et al (2020). Postępy dermatologii i alergologii, 37(6), 842–847.
3. Patel, K., & Patel, D. K. (2019). Elsevier eBooks, 457–479.
4. May JM, Harrison FE. (2013) Antioxid Redox Signal. Dec 10;19(17):2068-83.