

ROSEHIP

Rosehips have a long history of usage in Europe from early Christians who crafted the first rosary beads from rosehips to Viking invaders who used rosehips as a source of vitamin C to keep them healthy on their epic voyages. During the Second World War British school children were given the job of collecting rosehips from hedgerows to make into rosehip syrup as a source of vitamin C that was difficult to obtain from food normally imported due to the German U boat blockade. Even today rosehips are still an important part of the traditional Scandinavian food such as rosehip soup with cream and rosehip marmalade.

The Benefits of Rosehip

Osteoarthritis – recent studies published in the Scandinavian Journal of Rheumatology, showed that 82% of those people with arthritic pain showed a reduction in pain when given rosehip extract for three weeks. Patients also showed a reduction in their use of NSAID's.

Rheumatoid Arthritis - a far more serious disease than the osteo form but has shown improvements in patients' sore joints when rosehips have been taken continuously for six months.

Cardiovascular Support - rosehips have been linked with keeping the heart and circulation healthy with research indicating that rosehip extract can reduce the oxidation of LDL (bad) cholesterol as well as exerting their anti-inflammatory effects on the blood vessels.

Urinary Tract Infections - rosehips have been used to help prevent urinary tract infections.

Immune Support - the hips from the dog rose contain between 10 and 50 times the amount of vitamin C of an orange. Used regularly rosehip can help to build the body's defence against colds and flu, catarrh, sore throats and chest infections.

Properties

Glycoside of mono and diglycerol - a little known component of the rosehip that exerts the anti-inflammatory effect by reducing white blood cell production that is in turn responsible for the inflammatory response at the site of irritation.

Vitamins - one of the richest sources of vitamin C, rosehips also contain vitamins B1, B2, B3, E and K.

Others - contains malic and citric acid, pectin, tannin, carotene, flavonoids, fatty and volatile oils, and proteins. Malic acid helps to detoxify the body of aluminium and is often used to support people with fibromyalgia (another rheumatic disorder).

Contra-indications / Precautions

Excessive intake can result in gastric upset.

Why Choose Natures Aid Rosehip?

Each Natures Aid Rosehip capsule contains 187.5mg of Rosehip extract equivalent to 750mg in a vegetarian capsule .

SUITABLE FOR VEGETARIANS AND VEGANS.

Natures Aid, St George's Park, Kirkham, PR4 2DQ

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