

VENOSTOR (Diosmin/Hesperidin, 30 Tablets)

This unique natural formula combines two powerful antioxidant flavonoids to promote healthy blood flow in the legs and throughout the body. Taj Pharma's VENOSTOR (Diosmin/Hesperidin, 30 Tablets) improves vascular tone, supports lymphatic drainage of the legs and strengthens vascular structures.

Diosmin

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What other names is Diosmin known by?

Bioflavonoid, Bioflavonoid Complex, Bioflavonoid Concentrate, Bioflavonoid Extract, Bioflavonoïde, Bioflavonoïde d'Agrume, Bioflavonoïdes d'Agrumes, Citrus Bioflavones, Citrus Bioflavonoid, Citrus Bioflavonoids, Citrus Bioflavonoid Extract, Citrus Flavones, Citrus Flavonoids, Complexe de Bioflavonoïde, Concentré de Bioflavonoïde, Diosmetin, Diosmina, Diosmine, Extrait de Bioflavonoïde, Extrait de Bioflavonoïde d'Agrume, Flavonoid, Flavonoïde.

What is Diosmin?

Diosmin is a type of plant chemical found mainly in citrus fruits. People use diosmin to make medicine.

Diosmin is used for treating various disorders of blood vessels including hemorrhoids, varicose veins, poor circulation in the legs (venous stasis), and bleeding (hemorrhage) in the eye or gums. It is also used to treat swelling of the arms (lymphedema) following breast cancer surgery, and to protect against liver toxicity. It is often taken in combination with hesperidin, another plant chemical.

Possibly Effective for...

- **Treating hemorrhoids and preventing recurrence, when used in combination with hesperidin.**
- **Treating leg ulcers caused by poor circulation, when used in combination with hesperidin.**

Possibly Ineffective for...

- **Treating swelling of the arms (lymphedema) following surgery for breast cancer, when used in combination with hesperidin.**

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Insufficient Evidence to Rate Effectiveness for...

- **Varicose veins.**
- **Bleeding (hemorrhage) in the eye.**
- **Bleeding gums.**
- **Preventing damage to the liver.**
- **Other conditions.**

More evidence is needed to rate the effectiveness of diosmin for these uses.

How does Diosmin work?

Diosmin might help treat hemorrhoids by reducing swelling (inflammation), and restoring normal vein function.

Are there safety concerns?

Diosmin is safe for most people when used short-term for up to three months. It can cause some side effects such as stomach and abdominal pain, diarrhea, and headache.

Do not take diosmin for more than three months without medical supervision.

Special Precautions & Warnings:

Pregnancy and breast-feeding: Not enough is known about the use of diosmin during pregnancy and breast-feeding. Stay on the safe side and avoid use.

Dosing considerations for Diosmin.

Diosmin is often taken in combination with hesperidin.

The following doses have been studied in scientific research:

BY MOUTH:

- For the treatment of internal hemorrhoids: 1350 mg of diosmin plus 150 mg of hesperidin twice daily for 4 days followed by 900 mg of diosmin and 100 mg of hesperidin twice daily for 3 days. Some researchers also try 600 mg of diosmin three times daily for 4 days, followed by 300 mg twice daily for 10 days, in combination with 11 grams of psyllium daily. However, this lower diosmin dose does not seem to be as effective.
- For prevention of relapse internal hemorrhoids: 450 mg of diosmin plus 50 mg of hesperidin twice daily for 3 months of therapy.
- For the treatment of leg wounds due to bloodflow problems (venous stasis ulcers): the combination of 900 mg of diosmin and 100 mg of hesperidin daily has been used for up to 2 months.

HESPERIDIN

Other Names:

Bioflavonoid, Bioflavonoid Complex, Bioflavonoid Concentrate, Bioflavonoid Extract, Bioflavonoïde, Bioflavonoïde d'Agrume, Bioflavonoïdes d'Agrumes, Citrus Bioflavones, Citrus Bioflavonoid, Citrus Bioflavonoids, Citrus Bioflavonoid Extract, Citrus Flavones, Citrus Flavonoids, Complexe de Bioflavonoïdes, Concentré de Bioflavonoïdes, Extrait de Bioflavonoïdes, Extrait de Bioflavonoïdes d'Agrumes, Flavonoid, Flavonoïde, Hesperidin Methyl Chalcone, Hesperidina, Hespéridine, Trimethylhesperidin-chalcon.

HESPERIDIN Overview Information

Hesperidin is a plant chemical that is classified as a “bioflavonoid.” It is found primarily in citrus fruits. People use it as medicine.

Hesperidin alone, or in combination with other citrus bioflavonoids (diosmin, for example), is most often used for blood vessel conditions such as hemorrhoids, varicose veins, and poor circulation (venous stasis). It is also used to treat lymphedema, a condition involving fluid retention that can be a complication of breast cancer surgery.

How does it work?

Hesperidin may help blood vessels function better. It may also reduce inflammation.

HESPERIDIN Uses & Effectiveness

Possibly Effective for:

- Poor circulation in the legs (chronic venous insufficiency, [CVI](#)). Taking a particular product (Cyclo 3 Fort) containing hesperidin methyl chalcone, butcher's broom, and [vitamin C](#) by [mouth](#) seems to relieve the symptoms of poor circulation in the legs. Also, taking a specific product (Daflon 500, Les Laboratoires Servier) containing hesperidin and diosmin by [mouth](#) for 2-6 months seems to improve CVI symptoms, although taking the drug Venoruton might be more effective for treating this condition.
- [Hemorrhoids](#). Some research suggests that taking a specific product (Daflon 500, Les Laboratoires Servier) containing hesperidin and diosmin by [mouth](#) for up to 3 months improves symptoms of anal [hemorrhoids](#). It may also prevent [hemorrhoids](#) from coming back after they have healed.
- Leg ulcers from poor circulation (venous stasis ulcers). Taking a specific product (Daflon 500, Les Laboratoires Servier) containing hesperidin and diosmin by mouth for 2 months seems to improve the healing of small venous stasis ulcers when used along with compression dressings.

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Insufficient Evidence for:

- [Diabetes](#). Early research suggests that taking one tablet of a specific product (Daflon 500, Les Laboratoires Servier) containing hesperidin and diosmin by mouth for 45 days decreases [blood sugar levels](#) and improves [blood sugar](#) control in women with [type 2 diabetes](#).
- Swelling of the arms ([lymphedema](#)). Early research suggests that taking a specific product (Cyclo 3 Fort) containing butcher's broom root extract, hesperidin methyl chalcone, and vitamin C by mouth for 90 days reduces swelling in the upper arm and forearm, and improves mobility and heaviness, in women with swelling of the arm after [breast cancer treatment](#). However, other research shows that taking a specific product (Daflon 500, Les Laboratoires Servier) containing hesperidin and diosmin by mouth does not reduce arm swelling in women following [breast cancer](#) surgery.
- [Rheumatoid arthritis](#) (RA). Early research suggests that drinking a beverage containing alpha-glucosyl hesperidin for 12 weeks improves symptoms of RA.
- [Varicose veins](#).
- Other conditions.

More evidence is needed to rate the effectiveness of hesperidin for these uses.

HESPERIDIN Side Effects & Safety

Hesperidin is **POSSIBLY SAFE** for most people when taken by mouth for up to 6 months. The safety of using it for a longer period of time is unknown. Side effects include [stomach pain](#) and upset, [diarrhea](#), and [headache](#).

Special Precautions & Warnings:

[Pregnancy](#) and [breast-feeding](#): Hesperidin is **POSSIBLY SAFE** for pregnant or breast-feeding women when taken by mouth with diosmin.

Bleeding disorder: Hesperidin might slow blood clotting and increase the risk of bleeding. In theory, hesperidin might make bleeding disorders worse.

[Low blood pressure](#): Hesperidin might lower [blood pressure](#). In theory, taking hesperidin might make blood pressure become too low in people who already have low blood pressure.

Surgery: Hesperidin might prolong bleeding. There is concern that hesperidin might increase the risk of bleeding during and after surgical procedures. Stop taking hesperidin at least 2 weeks before a scheduled surgery.

HESPERIDIN Interactions

We currently have no information for HESPERIDIN Interactions.

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HESPERIDIN Dosing

The following doses have been studied in scientific research:

BY MOUTH:

- For the treatment of hemorrhoids inside the [anus](#): 150 mg of hesperidin plus 1350 mg of diosmin twice daily for 4 days, followed by 100 mg of hesperidin and 900 mg of diosmin twice daily for 3 days.
- For preventing the return of hemorrhoids inside the anus: 50 mg of hesperidin plus 450 mg of diosmin twice daily for 3 months.
- For the treatment of leg ulcers caused by poor blood circulation (venous stasis ulcers): a combination of 100 mg of hesperidin and 900 mg of diosmin daily for up to 2 months.

Source: (<http://www.webmd.com/vitamins-supplements/ingredientmono-1033-hesperidin.aspx?activeingredientid=1033&activeingredientname=hesperidin>)