Crataegus laevigata

Ordering Information

Fast Service Online:
www.energetix.com

Call: (800) 990-7085
Fax: (866) 669-7692
Email: info@energetix.com

Energetix Hours:
8:30 to 5:30 ET
Monday - Friday

01200 Core Hawthorn (2 oz.)

Synergistic Considerations

Circulopath
Core Guggulipid Blend
MicroActive® CoQ10
D3-K2 LipoSpray®
Phyto Rad
Core Olive Leaf

Core Hawthorn

Core Hawthorn is a spagyrically prepared botanical extract of hawthorn leaf, flower, and berry that may support*

- Heart muscle health
- Normal cardiac contraction
- Lipid transport & metabolism
- Normal blood pressure
- Vascular homeostasis

Biological Response: Heart Muscle Health & Mitochondrial Respiration

At its normal resting rate of 60 to 100 beats per minute, the heart must contract and relax more than 100,000 times a day without stopping or tiring. To achieve this extraordinary feat, electrical signals generated by the heart's pacemaker cells trigger the synchronized contractions of heart muscle cells *(myocardiocytes)* that pump blood into systemic circulation.

Myocardiocytes require a steady supply of energy to sustain their continuous contractions. As such, they contain numerous mitochondria that produce energy in the form of adenosine triphosphate (ATP). *Mitochondrial respiration*, a series of metabolic reactions known as the Krebs cycle, converts nutrients into ATP within mitochondria. Heart muscle health correlates directly with the structural and functional health of cardiac mitochondria.

Oligomeric proanthocyanidins (OPCs) and flavonoids, phenolic compounds found in hawthorn leaf, flower, and berry, strengthen heart muscle contractions by slowing the sodium-potassium pump, a complex enzyme that sustains cardiac electrophysiology. As free radical scavengers, OPCs and flavonoids protect cell membranes and mitochondrial structures from oxidative damage while boosting

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the natural production of antioxidant enzymes such as superoxide dismutase. Flavonoids enhance the uptake of oxygen by mitochondria—increasing their overall ATP productivity.

Biological Response: Vascular Homeostasis & Endothelial Signaling

The inner lining of blood vessels, the vascular endothelium, regulates the systemic delivery of blood, provides a semipermeable barrier for the exchange of oxygen, nutrients, and metabolic wastes, and prevents passage of harmful substances into tissues.

Vascular homeostasis is maintained by the endothelium through several signaling pathways including among others nitric oxide (NO) and prostaglandin I2. NO, the chief molecular signal, is synthesized by endothelial cells. It relaxes smooth muscle within vessel walls, which initiates vasodilation—resulting in reduced blood pressure and increased blood flow to peripheral tissues. NO signaling controls vascular tone and mitochondrial respiration in vascular smooth muscle.

OPCs, flavonoids, and triterpene acids mediate the release of NO from endothelial cells, resulting in smooth muscle relaxation. Potassium and magnesium, minerals prevalent in hawthorn berry, elicit vasorelaxation as well. As antioxidants with pronounced affinity for vascular tissue, OPCs and flavonoids—along with vitamin C, abundant in hawthorn leaf—provide cellular protection. OPCs inhibit several enzymes that degrade collagen and elastin, structural proteins responsible for the tensile strength and elasticity of vessel walls, which contributes additional vascular protection.

Botanical Profile

Core Hawthorn is sourced from *Crataegus laevigata*, a large, thorny, deciduous shrub with grey, fissured bark and deeply lobed leaves. Blossoming in May, the plant's pungent yet edible flowers have white to pale pink petals surrounding multiple stamens. Its berries develop as flowers wither, ripening in the fall to resemble small, red apples. An important food staple in Europe for centuries, hawthorn berry was used by the Eclectics during the 19th century as a cardiotonic—believing it nourished heart muscle itself. Hawthorn phenols, triterpenoids, phytosterols, and minerals coordinate a range of biochemical and physiological responses including among others diuresis, peripheral vasodilation, and hepatoprotection.

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Spagyrically Prepared Botanicals

Core Hawthorn is prepared using a unique handcrafted method known as spagyric processing. A branch of the medieval science known as alchemy and the forerunner of modern chemistry, *spagyria* is an herbal manufacturing method first described in the early 16th century by the Swiss physician Paracelsus in his book *Liber Paragranum*. The word comes from the ancient Greek σπάω, *spao* 'to draw out' and ἀγείρω, *ageiro* 'to gather.' Its essential meaning is 'to separate and join.'

In this sense, a spagyric is a botanical extract prepared by certain alchemical processes involving separation, purification, and *cohobation*—a critical last step in which the liquid extract is carefully blended with the mineral-rich ash produced by the controlled incineration of the macerated remains of the extracted plant material known as the *herbal marc*. As such, a pure, high quality, bioavailable product is created in which the plant's active constituents are fully integrated with its energetic signature.

Energetix is proud to carry on the alchemical tradition of preparing botanical extracts spagyrically.

Ingredients and Supplement Facts

Hawthorn Leaf, Flower & Berry (*Crataegus laevigata*)

If pregnant or breast-feeding, consult a healthcare professional before use.

Supplement Facts

Serving Size: 1/4 tsp (1.2 mL), about 30-40 drops

Servings Per Container: About 49

	Amount Per Serving	%DV
Botanical Extract	1.2 mL	*
Hawthorn Leaf, Flower, and Berry (*Crataegus laevigata*)		

* Daily Value (DV) not established.

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