



## HEALTHY ACTIVE LEG CAPSULES



### ANTISTAX Healthy Active Leg Capsules - for the life in your legs

Heavy, achy, tired legs are very common. A busy lifestyle or long periods of standing or sitting can leave your legs feeling achy and heavy, which is why ANTISTAX has developed ANTISTAX Healthy Active Leg Capsules. ANTISTAX Healthy Active Leg Capsules can help you to avoid heavy, achy, tired legs associated with long periods of standing or sitting, leaving you free to enjoy life to the full.

#### What impacts the health of your leg veins?

Our leg veins are often put under lots of pressure, as they have to return blood a long distance – against the natural pull of gravity. This is particularly the case when standing or sitting for long periods. Our jobs, for instance, may demand prolonged periods of inactivity and this can lead to excessive pooling of blood in the leg veins and a build-up of fluids in the leg tissues. This can lead to increased leg tension and swelling, and uncomfortable feelings of aching and heaviness, which can slow us down and hold us back from being active and engaging fully in life.

Taking ANTISTAX Healthy Active Leg Capsules on a daily basis can help to avoid tired achy legs associated with long periods of standing or sitting, and promote the health and well-being of our leg veins. So how do they work?

#### How ANTISTAX Healthy Active Leg Capsules work

The flavonoids contained in Red Vine Leaf Extract AS 195™, can help maintain healthy leg veins and stabilise the walls of capillaries, so keeping the rate of fluid entry from the capillary walls at normal levels.

As a result achy and swollen legs can be avoided and you can continue to enjoy being your active self again.

Flaven™ is a complex mixture of active substances carefully extracted from red vine leaves. These leaves are naturally rich in flavonoids, an important ingredient which can help in the maintenance of good circulation. Flaven™ has been specially standardized to guarantee the same quantity of active substance in every capsule of ANTISTAX Healthy Active Leg Capsules. ANTISTAX Healthy Active Leg Capsules have been scientifically tested to give the confidence that Flaven™ is the same quality from batch to batch and can be relied upon from capsule to capsule, pack to pack and from year to year.

#### Clinically proven

ANTISTAX Healthy Active Leg Capsules have been researched, developed and tested according to the latest standards of scientific knowledge. In a trial of 260 men and women with aching, heavy, tired legs, those who took two ANTISTAX Healthy Active Leg Capsules every day for 6 weeks reported a noticeable improvement – even more marked by the end of the 12 week trial period<sup>1</sup>. In a separate study, 85% of people taking ANTISTAX Healthy Active Leg Capsules rated them as effective. Why? Because legs feel lighter and more comfortable.

<sup>1</sup> Kiesewetter et al Efficacy of orally administered extract of red vine leaf AS 195. *Arzneim.-Forsch./Drug Res.* 2000;50:109-117

### Directions for use

Take two capsules daily in the morning with water at breakfast time. For adults only. Recommended for long-term use as part of a balanced diet and healthy lifestyle. Do not exceed the recommended intake.

Do not use if you are pregnant or breast-feeding.

On occasion, some people may experience stomach upset or skin rash after taking ANTISTAX Healthy Active Leg Capsules. Do not use if you are sensitive to any of the ingredients listed.

If you have concerns about your leg vein health, please consult your doctor or pharmacist.

#### Ingredients per capsule:

Red Vine Leaf Extract, gelatin, dried glucose syrup, Anti-caking agents (silicon dioxide, talc), maize starch, magnesium stearate, Colours (E 172, E 171). Each capsule contains 180 mg Red Vine Leaf Extract.

ANTISTAX Healthy Active Leg Capsules are available in packs of 50 and 100 capsules.

Store in a cool, dry place. Keep in a safe place out of reach of children. Do not take the capsules after the best before end date which you will find printed on the carton.

### Healthy habits for an active lifestyle

Taking ANTISTAX Healthy Active Leg Capsules regularly can help you to keep your leg veins healthy and legs feeling fit. It's a good idea to try to ensure that some moderate exercise and a healthy diet that does not encourage weight gain are part of your daily routine.

#### Exercise

Our leg muscles play an important role in helping to maintain good circulation, acting as a kind of pump to send blood back to our heart, against the pull of gravity. It's a good idea to do some gentle exercise every day. Therefore we have developed two tried and tested routines to give your legs a lift.

<p><b>1.</b> Stand upright with legs parallel.</p> <p>Stand on tiptoe, lifting your heels as high as possible. Hold this position for 5 seconds, then relax.</p> <p>Repeat 10 times.</p>		<p><b>2.</b> Sit on a chair.</p> <p>Lift your feet and circle them first one way, then the other.</p> <p>Repeat 10 times.</p>

## The "Do's" and "Don'ts" of leg vein health

Here is a simple checklist to help keep you moving in the right direction!

### To promote leg vein health, make sure you...

- ✓ Do keep your legs, ankles and feet moving as much as possible throughout the day
- ✓ Do rinse your legs with a burst of cool water in the bath or shower, rubbing from the ankles upwards
- ✓ Do rest your legs in a raised position for at least 10 minutes each day

### To help look after your leg veins

- ✗ Don't cross your legs for extended periods
- ✗ Don't expose yourself to excessive heat or humidity (this enlarges the veins allowing blood to pool in the legs)
- ✗ Don't wear high-heeled or rigid soled shoes which can stop the leg muscle pump from working effectively.

Visit our website at [www.leghealthcentre.co.uk](http://www.leghealthcentre.co.uk) for some more healthy eating tips, some more exercises to try, plus some great lifestyle ideas to help keep your legs healthy.

## Also available from ANTISTAX:

### ANTISTAX Cooling Leg Gel – refreshing and soothing

Tired, heavy, tense legs can be particularly bothersome when the weather is hot or the heating is on – so for a quick pick-me-up in-between try ANTISTAX Cooling Leg Gel with the unique ingredient Flaven™. ANTISTAX Cooling Leg Gel is a quick-working, easily absorbed and non-greasy gel which refreshes your legs with its special cooling action. In addition by simply massaging the lightly lemon scented gel into your legs, the microcirculation is stimulated leaving your legs feeling refreshed and light.

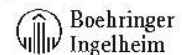
Put the spring back into your step with ANTISTAX Cooling Leg Gel.

### ANTISTAX Cooling Leg Spray – apply any time

Applied at any time, at home or away, ANTISTAX Cooling Leg Spray immediately cools and soothes your legs, so you can feel your active self again. ANTISTAX the leg specialists, have developed a cooling leg spray based on a unique combination of cooling and rehydrating agents together with the natural Flaven™, which is a special extract from Red Vine Leaf.

Manufactured for Boehringer Ingelheim Ltd Consumer Healthcare, Bracknell, Berkshire, RG12 8YS, United Kingdom

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## Prize Draw

Thank you for purchasing ANTISTAX Healthy Active Leg Capsules. You have a chance to win one year's supply of ANTISTAX Healthy Active Leg Capsules from our free prize draw!

We would like to ask you to simply fill in the questionnaire below and send it back to us.

### 1. How many times have you purchased ANTISTAX Healthy Active Leg Capsules?

Please tick the boxes that apply to you:

- First time       3–5 times  
 Second time     More than 5 times

### 2. Would you purchase ANTISTAX Healthy Active Leg Capsules again?

- Yes       No

### 3. Do you tend to purchase ANTISTAX Healthy Active Leg Capsules at certain times?

- Warmer months     All year round  
 Colder months     No particular time

### 4. Why did you purchase ANTISTAX Healthy Active Leg Capsules? Tick all that apply to you

- Aching legs       Heavy legs  
 Tired legs       Other please state.....

### 5. Have you ever purchased ANTISTAX Cooling Leg Spray?

- Yes       No

### If Yes, would you purchase ANTISTAX Cooling Leg Spray again?

- Yes       No

### For market research purposes, would you mind indicating your age?

- Under 18 years     18–30 years  
 31–40 years       41–50 years  
 51–60 years       Over 60 years

**Data protection:** We will store the information you have provided so that we can contact you regarding this prize draw. We may also use it to update you on, or seek your opinion on, our products; if you would prefer us not to contact you for this purpose, please tick the box.

Your information will not be passed on to a third party.

- No thanks I prefer not to be contacted

Please fill in your name, contact address and postcode and then send your completed questionnaire to the ANTISTAX Healthy Active Leg Capsules "Free for a year!" address below and you will be entered into the prize draw:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Post code \_\_\_\_\_

E-mail \_\_\_\_\_

### Terms and Conditions:

1. Photocopies of the entry form will not be accepted
2. Incomplete or illegible entry forms and those that do not meet the specific needs set out here will not be accepted or processed
3. Maximum of one single entry per household
4. Offer applies to UK and Ireland residents only except employees of Boehringer Ingelheim Ltd, their families or anyone professionally connected with this promotion
5. Entrants under 18 years are not eligible.
6. Proof of posting will not be accepted as proof of delivery
7. One winning entry will be drawn on each of the following closing dates: 30.06.2008; 30.09.2008; 31.12.2008; 31.03.2009; 30.06.2009; 30.09.2009; 31.12.2009

Prize winners will be notified by post within one month of the draw.

8. No cash alternative is offered. Prize up to 15 packs x 50 capsules, depending on your needs, will be dispatched
9. No purchase necessary. Write for a prize questionnaire to the Antistax Healthy Active Leg Capsules "Free for a year" at the address below

Promoter: Boehringer Ingelheim Limited, Ellesfield Avenue, Bracknell, Berkshire, RG12 8YS, UK

Return to: ANTISTAX Healthy Active Leg Capsules "Free for a year!" Prize Draw Boehringer Ingelheim Limited, Consumer Healthcare, FREEPOST, Ellesfield Avenue, Bracknell, Berkshire, RG12 8YS, UK

Remember you can visit our website at [www.leghealthcentre.co.uk](http://www.leghealthcentre.co.uk)

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