Hawthorn (shan zha)
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Hawthorn comes in a variety of forms, including capsules, extracts, and dried or dried extracts. Patients can also make a hawthorn tea by boiling dried hawthorn leaves, stems, and flowers in boiling water.

What form of hawthorn is available?

Hawthorn is extremely safe. The American Herbal Products Association has given hawthorn a class I rating, meaning it is a safe herb with a wide dosage range. Nevertheless, it is always wise to follow the recommended dosage. In addition, patients who are pregnant or lactating should not take hawthorn.

What form of hawthorn is available?

Hawthorn belongs to the same botanical family as the rose. An extremely common thorny shrub, it can reach a height of five feet and grows on both sandy and sandy-woody areas across the world. Hawthorn’s leaves contain leaves that grow as a variety of shapes and sizes. In Europe, withers, and in parts of Africa, it is found in the spring.

The leaves, flowers, and berries are used traditionally. These forms contain hawthorn, which have a variety of cardiovascular benefits, including a reduction in hypertension, improved coronary artery blood flow, and improved contraction of the heart muscle. Large scale clinical trials have confirmed that hawthorn is effective in treating patients with end-stage and mild to moderate heart failure. Often smaller studies have showed that it may help patients with angina and abnormal heart rhythms.

How much hawthorn should I take?

When using hawthorn, make sure to take only standardized hawthorn products. Look for a label that says the product contains between 0.1mg of hyperoside and 50mg of digoxin per capsule. It is a 95% steroidal flavonoids (3505,7-trihydroxy 4'-methoxyflavone) 500mg capsule.

**References**

- A | B | C | D | E | F | G | H | I | J | K | L | M | N-O | P-Q | R | S | T | U | V | W-X | Y | Z

**Herbs & Botanicals**

Hawthorn (shan zha)

When hawthorn is recommended taking 30-60mg of a hawthorn extract, either in capsule or tablet form, two to three times a day. If standardized preparations are used, patients are recommended to take 3-7 grams per day. In 90% of hawthorn contains these items.

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**References**