

Light Legs

Nutritional supplement that **drains and improves circulation to help release toxins from the body.**

Through a combination of natural ingredients, **it contributes to slimming.**



INGREDIENTS



PRESENTATION:

Box with 14 phials (10 ml).
Flavour: bilberry.



BILBERRY

Antioxidant and anti-inflammatory

Bilberry (*Vaccinium myrtillus L.*) is a fruit that offers a whole host of health benefits. This is because its composition is one of the richest in anthocyanins: a pigment with high amounts of polyphenols (with antioxidant properties), responsible for the bilberry's blue colour.

It has been scientifically proven that bilberries reduce blood glucose, have anti-inflammatory and lipid-lowering effects, promote antioxidant defences, and reduce oxidative stress.¹

Consuming bilberries leads to improvements in the treatment and prevention of conditions in the human body associated with inflammation, dyslipidaemia, hyperglycaemia or increased oxidative stress, cardiovascular disease (CVD), cancer, diabetes, dementia, and other age-related diseases.



RED GRAPE

Improves blood circulation

Red grape (*Vitis vinifera L.*) is a very interesting component of this formula because of its contribution of flavonoids. These include catechin, epicatechin, quercetin and, as in bilberries, anthocyanin, which have anti-inflammatory and antioxidant properties within the human body. They also have photoprotective properties for the skin.²

In addition, consuming red grapes has a positive effect on our blood vessels, helping to improve circulation, increasing the resistance of capillaries and reducing their permeability. They also play a role in the contraction of blood vessels, promoting the venous return of blood accumulated in the lower limbs back up to the heart.

Furthermore, flavonoids have the ability to connect collagen fibres to strengthen their matrix (which deteriorates over the years) and protect the walls of blood vessels. This way, they reduce and prevent capillary fragility in the body.

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GRAPE SEED EXTRACT

Prevention of oxidative damage and protection of tissues

Grape seed extract is known to be a powerful antioxidant that protects the body from premature ageing and disease. These seeds contain mainly phenols such as proanthocyanidins (*oligomeric proanthocyanidins*).

Scientific studies have shown that the antioxidant effect of proanthocyanidins is 20 times greater than vitamin E and 50 times greater than vitamin C.³ It has a beneficial effect in many areas of health.

By bonding with collagen, it rejuvenates the skin, improves cell health, elasticity, and flexibility. Other studies have shown that proanthocyanidins help protect the body from sun damage, improve vision and flexibility in joints, arteries, and body tissues such as the heart. Finally, they also help improve blood circulation by strengthening capillaries, arteries, and veins.



DRIED HORSE CHESTNUT EXTRACT

Relieves venous insufficiency

Horse chestnut seed extract (*Aesculus hippocastanum L.*) is often used to treat people with chronic venous insufficiency and relieve their associated symptoms such as swelling of the lower legs.

This component is characterised by its inhibition of the catalytic degradation of proteoglycans in the capillary wall.

Clinical trials in humans with this type of insufficiency and varicose veins showed that using the extract is effective in the reduction of oedema in the lower leg, and those who took it experienced relief in terms of pain, heaviness and itching in the leg.⁴

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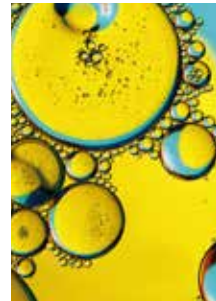


VITAMIN C

Antioxidant and stimulant of collagen production

Vitamin C is an essential micronutrient for humans: It is a powerful antioxidant and cofactor in a family of biosynthetic and gene-regulating enzymes.⁵ It supports the epithelial barrier function against pathogens. In addition, it promotes the elimination of oxidants from the skin by neutralising free radicals, protecting it against environmental oxidative stress.

Furthermore, it promotes wound healing and the stimulation of collagen production. Finally, it helps maintain the internal structure of healthy epithelial tissue, while its antioxidant function delays the signs of ageing.



VITAMIN E

Antioxidant and immune system protector

Vitamin E is the most important lipid soluble antioxidant to break up free radical chains, preventing them from spreading to membranes and lipoproteins present in the tissues of all cells.⁶ Its antioxidant properties contribute to the maintenance of cells, delaying skin deterioration and ageing. It reduces scars and imperfections of the skin and acts as a barrier to protect the skin from external aggressions such as the sun's rays.



VITAMIN A

Maintenance and protection of epithelial tissue

Vitamin A is a crucial micronutrient for healthy vision, also promoting cell growth, and protecting the integrity of the epithelium and mucus membranes in the body.⁷ It also helps to keep the skin healthy and tan naturally, by promoting the development of pigments in the skin.

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VITAMIN B1

Transformation of carbohydrates into energy

Vitamin B1 is involved in key catabolic biochemical and physiological processes within the human body. These include cellular bioenergetic processes that are carried out to synthesise ATP, the biosynthesis of pentose (necessary for nucleotide synthesis), amino acids and other organic compounds of the cellular metabolism.⁸

It also plays a part in the regulation of gene expression and response to stress (because of its relationship with the nervous system).



VITAMIN B2

Cell growth, development, and function

Riboflavin (vitamin B2) is a hydro-soluble form of the vitamin, considered an antioxidant nutrient that can prevent lipid peroxidation and oxidative injury through reperfusion.⁹

It can also protect the body from neurological disorders. Its role in the areas that undergo such alterations in the organism ranges from antioxidation to myelin formation, mitochondrial function, and even iron metabolism.



VITAMIN B12

Reduces stress, fatigue, and protects the nervous system

Vitamin B12 is an essential micronutrient for the body. As humans cannot produce it internally, they must incorporate it every day through diet or supplementation (especially in the case of vegetarians and vegans, since it is present mainly in meat). It is essential to perform various cell functions, as well as to prevent neurological and haematological diseases.¹⁰

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INDICATIONS

LIGHT LEGS
is recommended for the following cases:

- People with fluid retention.
- People who spend a lot of time standing up.
- People with poor blood circulation.



RELIEVES THE FEELING OF TIRED LEGS.

*Reduce your pain
and keep going.*



LIGHT LEGS is a nutritional supplement, part of DietClinical's range of draining products, intended exclusively to help drain and relieve heavy legs. At the same time, it strengthens the blood vessels and improves peripheral circulation.

This product is ideal for those who must stand for long periods of time or who have reduced mobility, as well as for people with vascular problems.

Draining food supplements are great for people who are dieting (to contribute to weight loss) and for those who suffer from fluid retention in their body.

The combination of natural extracts that are powerful antioxidants, such as red grape, grape seed, horse chestnut and bilberry, associated with vitamins A, C, E, B1, B2 and B12, make this an ideal formula to improve vascular health and protect the body.

RECOMMENDATIONS: Take one phial a day, by itself or diluted in half a litre of water. This product contains no allergens listed in Annex III to Regulation 1169/2011.

NUTRITIONAL VALUES

INGREDIENTS	mg/10ml
Bilberry concentrate	448,12
Dry red grape extract	100,87
VITAMIN C	80,7
Dry anthocyanin extract	40,35
Dry grape seed extract	30,6
Dry horse chestnut extract	16,81
VITAMIN E	12,31
VITAMIN B2	1,43
VITAMIN B1	1,13
VITAMIN A	0,8
VITAMIN B12	0,0025