

Practitioners of both the traditional and modern medicine concur that proper blood flow and circulation is an essential part of wellness and health.

Many individuals suffer the consequences of poor blood circulation like cold feet and hands.

Not only can that be uncomfortable, but it also hurts your health.

Mental function can deteriorate if your brain receives an insufficient amount of blood.

Genetics, leading an inactive life, high cholesterol and age are some of the common causes of poor blood flow.

Luckily, there are supplements to Increase Blood Flow and Circulation.

These supplements can help you achieve normal blood movement, and here we have reviewed five of them.

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# **TOP 5: Best Supplements To Increase Blood Flow And Circulation**

## **1. Blood Flow Optimizer**



Blood Flow Optimizer by HFL is a dietary product that helps your blood to flow freely.

It boasts of potent ingredients that escalate the circulation of your blood throughout the body.

The product contains minerals, vitamins, and nutrients in the right amounts – you cannot

find that in most multivitamin capsules.

Blood Flow Optimizer has been shown to support the function of all organs, tissues, and muscles.

It is also a great supplement that helps to prevent you from impotence, muscular problems, cognitive issues, and various cardiovascular and vascular diseases.

There is scientific evidence that proves the product offers benefits to the human body.

Besides, HFL uses a suitable manufacturing process (GMP), and each bottle is thoroughly tested to guarantee quality.

The brand manufactured this product to promote your general health, overall fitness, and long life.

You don't feel like you are aging when you start to use this supplement - you get the spirit of a teenager thanks to its excess nutrients.

### **How it works?**

Malnutrition hits your organs and makes them crash if your blood doesn't contain all the essential nutrients needed to support blood flow.

Blood Flow Optimizer has all these nutrients to make your body continue to function at the optimal level.

Cholesterol and fats also block your blood veins and vessels, causing obstruction of the blood and can even lead to a heart attack or stroke.

The supplement helps to unblock the veins and vessels to let the blood circulate your body effectively.

Sometimes tears and ruptures can occur in your blood vessels, which can result in severe problems to your brain and heart.

The product helps to protect you from these issues by keeping your vessels flexible and robust.

Blood Flow Optimizer also prevents thickening and clogging of your blood due to the

magnesium that helps to thin your blood.

It, therefore, enhances your blood flow and circulation by working on various aspects of your body.

## Ingredients

**Here are three ingredients in this supplement that make it so effective:**

- **Carnitine Blend** - The ingredient helps your body to generate energy and plays a critical role in your brain and heart function and muscle movement. It also functions like an antioxidant that helps to promote the release of glutathione, which improves your immune system. The blend also aids in the flow of blood to your brain <sup>1</sup>.
- **MAGNAMax Blend** - It helps to allow normal nerve and muscle function, promote healthy cardiovascular function, keep heart rhythm steady, keeps bones strong, and support a healthy immune system. Magnesium also plays a part in maintaining the ideal blood pressure and blood sugar levels and helps in protein synthesis.
- **N-Acetyl L-Cysteine (NAC)** - NAC helps to get rid of toxins and heavy metals from the blood and improve your immune system.

## Pros & cons

### Pros

- You get your money back if you don't experience the stated benefits.
- Made under good manufacturing practices.
- Supports your health and improve your body functioning.
- Pure vegetable tabs that use organic ingredients.
- Formula is tested and pure.

### Cons

- Not a permanent solution for blood clotting, but only a supplement.
- Shouldn't be used with some drugs.

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## 2. Varicorin



If you are interested in getting an excellent varicose veins product, then you should read this review of Varicorin.

Varicorin is an exclusive formula of nutritious materials that helps in the accurate working of your blood vessels and minimize heavy legs feeling.

The supplement is mainly recommended for ladies facing the problem of broken capillaries and varicose veins.

It helps to reduce swelling, boost the elasticity of your blood vessels, and helps in blood flow.

The product also looks after your circulatory system, improve heart functioning, and helps to maintain the ideal blood pressure.

### **How it works?**

The secret of this product is the forward-thinking composition that affects the various features of your blood vessels healthy.

Its ingredients have been shown to fight most causes of illnesses that affect you and reduce your circulation ability.

Contrary to most believe, varicose veins are microbes that can help improve your health and not germs.

The product works on these veins to give you a healthy body and appearance.

### **Ingredients**

**Here are three ingredients in this supplement that make it so effective:**

- **Venocin** - Venocin is a quality extract that comes from chestnut seeds. It helps to treat varicose veins, leg swelling, chronic venous, and hemorrhoids.
- **Contellin** - Contellin is an Asian pennywort extra that improves venous circulation, improves metabolism, and counteract heavy legs feelings.
- **Vitamin C** - The vitamin comes from buckwheat seeds and is easy to digest. It cares for your body by helping it produce collagen that safeguards the optimum functioning of your arteries, small blood vessels, and veins.

### **Pros & cons**

#### **Pros**

- All the ingredients are 100% sourced from natural plants and animals.
- Supports circulation and reduces swelling.
- Able to minimize the feelings of heavy legs.

- Has a 90 days moneyback guarantee.
- Provides health of your blood vessel walls.

**Cons**

- Not available in medical shop.
  - Mainly for women.
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**3. Life Extension Vinpocetine**



In grownups, cerebral blood circulation is often 70 milliliters per minute or 15% of their cardiac output.

Life Extension Vinpocetine improves your cerebral blood flow by reducing blood viscosity and expanding blood vessels.



It also plays a part in improving your cerebral metabolism by ensuring you enjoy a healthy blood flow as well as oxygen usage.

The product is mainly made from vincamine, the primary indole alkaloid of the periwinkle herb.

There are no toxic effects that have been recorded of this supplement and it is more effective than most products out there.

When you take it orally, it quickly gets absorbed and does the following:

- Enhance blood supply to your brain.
- Increase glucose and oxygen use in your brain.
- Maintain ideal coagulation of blood.
- Maintain optimal energy of your brain.
- Promote healthy attention, concentration, and memory.

### **How it works?**

Life Extension Vinpocetine works by slowing down the production of certain neurotransmitters such as glutamate and dopamine.

An excess of glutamate and dopamine can destroy your brain cells because they become overactivated.

The cells can also suffer from oxidative harm, and it is the inhibiting nature of this supplement that helps to keep your brain safe.

It also works to boost cGMP levels, which is the science behind your blood vessels widening to increase blood flow.

There are a couple of ingredients that are used to make this supplement, such as stearic acid, microcrystalline cellulose, vegetable stearate, and aqueous film coating.

### **Ingredients**

**Here are three ingredients in this supplement that make it so effective:**

- **Vegetable Stearate** - Also known as magnesium stearate, Vegetable stearate is found in plants and is used to bind capsule together.

- **Stearic Acid** - It is a fatty acid that is found in foods we eat, such as animal fat, butter, palm oil, cocoa butter, and coconut oil.
- **Microcrystalline Cellulose** - It is mainly used in vitamin tablets and supplements to help in blood flow <sup>2</sup>.

### Pros & cons

#### Pros

- Help you to reduce stress.
- Maintains cognitive abilities.
- Safe for all people if taken orally.
- Continuous and long term does not become addictive.
- Helps to elevate focus.

#### Cons

- There are side effects if consumed in high amounts.
  - More studies need to be done.
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## 4. Clinical Daily Blood Circulation



From brain and heart function to infection resistance, optimal vein, and artery functioning depended on methodenergy and nutrients you get from the food.

But that is not always enough leading to reduced blood flow that results in weak heart function and problems with the arms and legs as seen through varicose veins.

That is why you need Clinical Daily Blood Circulation, an advanced herbal supplement that is made to support your blood vessels and heart.

It is a natural blood flow optimizer product that is made of different ingredients, including Cayenne, Horse Chestnut extract, Ruscus Aculeatus, among others.

The product is made in a licensed facility in the USA that follows GMP and holds an FDA certificate.

One thing that makes this supplement unique is the packaging that is well designed to ensure that your baby doesn't access the tabs.

Talking of tablets, they come in a small size that makes it easy to swallow, and the bottle contains up to 90 capsules.

### **How it works?**

Clinical Daily Blood Circulation is designed to work on your vein to support adequate blood flow.

The product also supports healthy skin and your digestive tract to allow it to absorb enough proteins, fats, and carbohydrates.

It also plays a role in promoting chronic venous insufficiency thanks to the presence of Horse Chestnut.

Another way the supplement works is by getting rid of signs of poor blood flow such as swelling, itching, leg cramps, and others.

You also get an increased blood flow when you use this supplement as a product for increasing your blood circulation.

### **Ingredients**

**Here are three ingredients in this supplement that make it so effective:**

- **Niacin** - Also referred to Vitamin B3, Niacin has a lot of health benefits such as supporting blood flow, healthy skin condition, normal functioning of your memory and brain, and varicose veins support. It also supports your digestive tract to help you absorb more fats, proteins, and carbohydrates <sup>3</sup>.

- **Horse Chestnut** - The ingredient includes both leaf and seed to provide sufficient blood flow. Horse Chestnut also helps to treat the problem of venous insufficiency.
- **Butcher's Broom** - It is a plant whose roots are used to relieve signs of poor blood flow like itching, swelling, and others.

#### Pros & cons

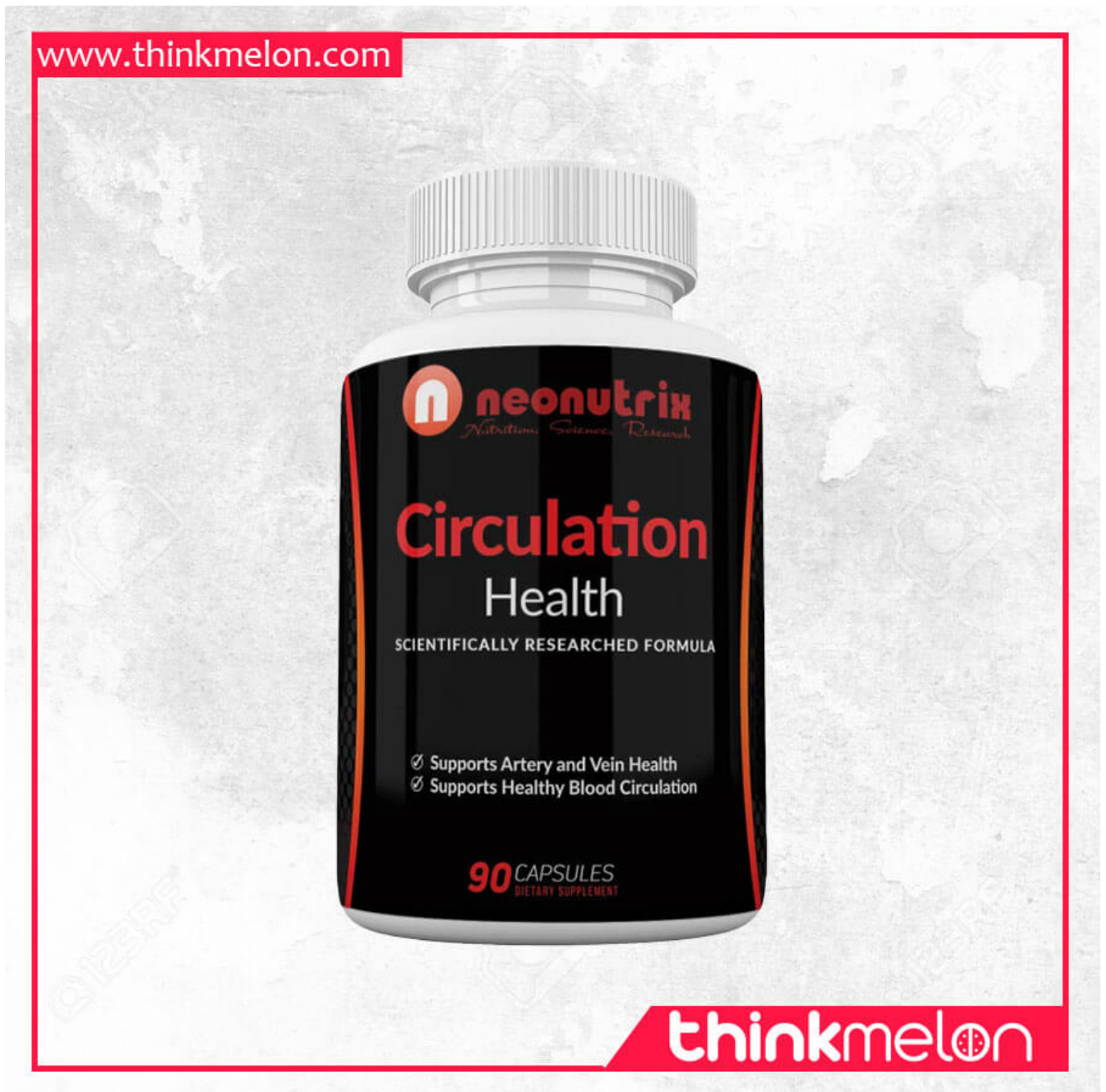
##### Pros

- Made of 100% natural ingredients.
- Able deal with your heart and vessel.
- 100% moneyback guaranteed in case of anything.
- Comes in a child-proof bottle.
- Combat heaviness, leg cramps, and fatigue.

##### Cons

- 90 capsules last for just 30 days.
  - Takes time to feel the effect.
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## 5. Neonutrix Circulation Health



Neonutrix Circulation Health is a supplement that features oxygen boosters that help your blood to circulate freely and promote heart health.

Every single capsule is made of natural ingredients with amino acid and essential circulation vitamins for better artery and vein health.

The powerful blend of the nourishing ingredients stimulates your blood flow to let oxygen, nutrients, and blood flow freely to all parts of your body.

It also boasts of blood flow optimizer and vasodilator that help the nitric oxide to signal your blood vessels to relax.

What that means is that they expand to allow free blood flow, leg circulation, and provide heart health.

Another thing that makes Neotrix Circulation Health a great supplement is the fact that it is made of safe ingredients.

The supplement has also undergone thorough testing and is made using GMP and is FDA-approved.

You also get your money back if the product does not suit your needs, letting you purchase with confidence.

### **How it works?**

Neotrix Circulation Health works in different ways to ensure that you enjoy the ideal blood circulation.

It contains different ingredients that make it support your artery and vein health as well as better blood flow.

The product also works on your cardiovascular health to maintain it in top condition.

It also helps to ensure that you get a proper respiratory and circulatory system.

### **Ingredients**

**Here are three ingredients in this supplement that make it so effective:**

- **Hawthorn** - The leaves, flowers, and berries of this plant have been used to produce medicine for centuries. It is used for blood vessels and heart diseases like irregular heartbeat and congestive heart failure.
- **Cayenne Pepper Powder** - It is a type of capsicum annum that is used to allow the blood to flow freely in the body.
- **Diosmin** - It is a chemical found in citrus fruits and is used to make medicines. The

chemical helps to treat different blood vessel disorders such as poor circulation, varicose veins, and hemorrhoids.

**Pros & cons****Pros**

- Risk-free purchase.
- GMP-certified and FDA-approved.
- Quite affordable.
- Made of natural ingredients.
- Helps improve leg circulation.

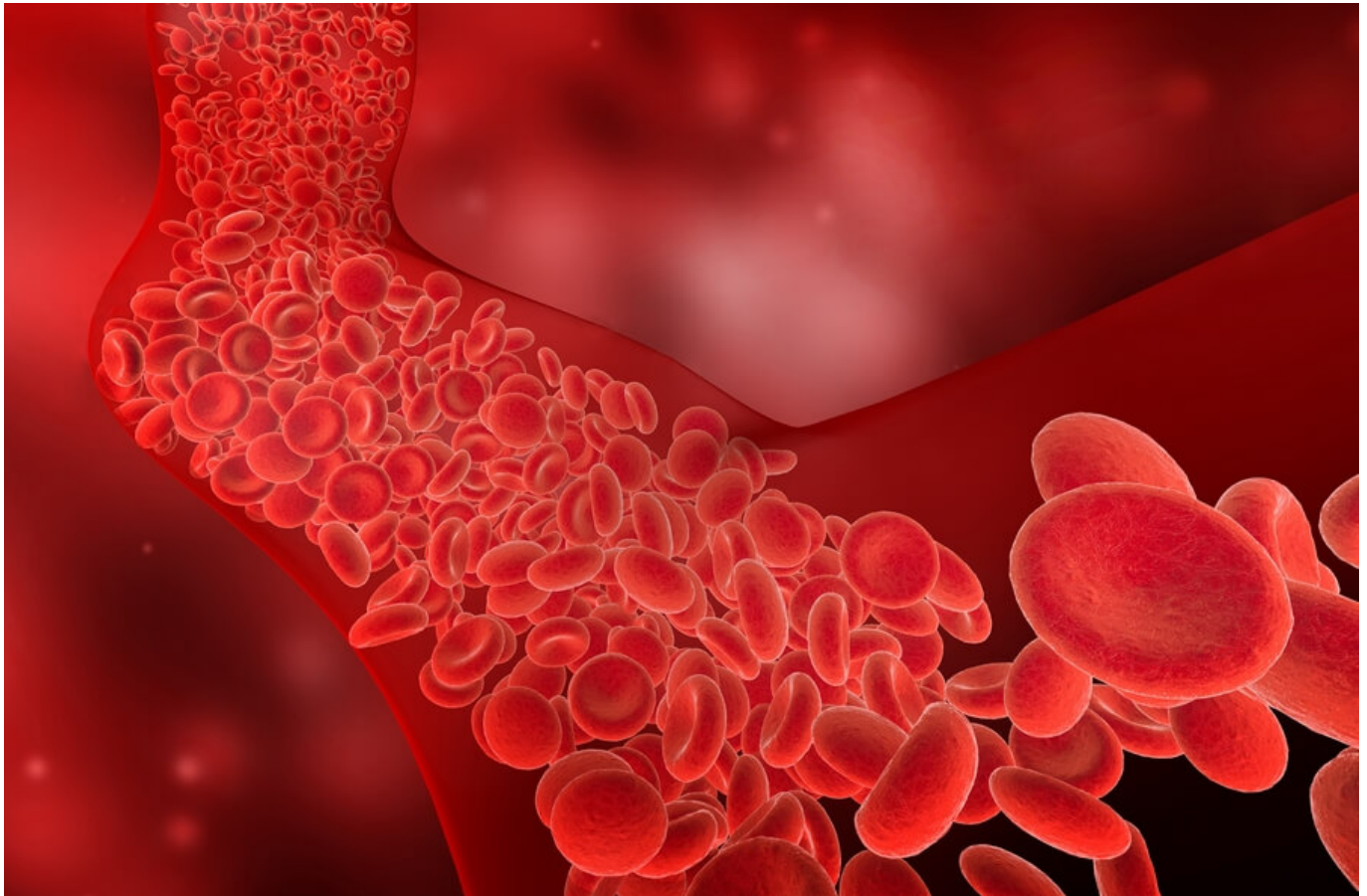
**Cons**

- Only found online.
  - Need to consult a doctor if you are taking other medications.
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**FAQ (Frequently Asked Questions)**

**What are blood flow and circulation supplements?**





A supplement to increase blood flow and circulation is a dietary product that enhances the way your blood flows in your body.

These supplements help your vessels to dilate to ensure that the blood circulates with ease.

They also play a part in keeping your brain healthy by providing it with the minerals and oxygen it requires.

### **What are some of the benefits of supplements for increasing blood flow and circulation?**

Below are the benefits of using a supplement to increase your blood flow and circulation:

- You get to use products made of natural ingredients.
- They support your health and improve your body functioning.
- Help your blood to flow freely.
- Nourishes your brain by providing it with oxygen and nutrients.

- Combats heaviness, leg cramps, and other conditions.
- Helps to reduce stress.
- Able to provide alertness.

## **Who should use supplements to increase blood flow and circulation?**

Several people can use supplements for increasing blood flow and circulation.

For instance, you can use them if you find yourself feeling cramped on your legs or arms to ensure that the blood reaches these areas.

You can also use them if you are feeling stressed or having a hard time trying to concentrate.

These supplements can also be used by people who are struggling with low blood flow caused by high cholesterol levels in the body.

## **Which ingredients should I expect to see in supplements for increasing blood flow and circulation?**

Each supplement has its unique ingredients, but you can always expect to find the following ingredients.

- Hawthorn.
- Cayenne pepper powder.
- Diosmin.
- Niacin.
- Horse chestnut.
- Butcher's broom.
- Microcrystalline cellulose.
- Stearic acid.
- Vegetable stearate.
- Venocin.
- Contellin.
- Vitamin C.
- Carnitine blend.
- MAGNAMax blend.
- N-Acetyl L-Cysteine.

**How can I decide on which supplement to increase blood flow and circulation to use?**



The market is flooded with supplements that claim to increase your blood flow and circulation, making it hard to choose the best.

That is where we come in handy because we have given you the factors that you should consider when buying your supplement.

They include:

- **Ingredients** - Go for a supplement that has all the ingredients that can help you to experience adequate blood flow. Avoid those products that have unnecessary ingredients that can add to its cost.
- **Cost** - It is advisable to choose a product that gives you value for your money. Some supplements might be expensive and not provide the required nutrients to ensure that your blood flows freely. Others might be cheap and lack all the necessary ingredients.
- **Brand** - Another thing that you should consider is the reputation of the company offering the supplement. You can go online and see the review and feedback of previous buyers to know if the supplement is worth your money. It is also important that the company has a valid website with contacts where they can be reached.
- **Availability** - You should also ensure that you buy a supplement that you can easily refill when it gets used up. Most of these products are readily available online and you can place your order to receive your bottle within three to seven days.
- **The number of capsules** - Aim to buy a supplement that can last you for 30 days or more. That ensures that you don't keep on ordering a bottle after every one or two weeks, which can be expensive and time consuming.

### **What are the side effects of supplements to increase blood flow and circulation?**

All the five supplements we have reviewed in this post have no severe side effects.

However, you need to be careful when using any supplement and that means seeking advice from your doctor.

Some people can experience some minor side effects such as headaches, stomach pain, and others.

You should also consult your doctor if you are taking other kinds of medications before you start to use supplements.

### **Should I work out when using supplements to increase blood flow and**

## **circulation?**

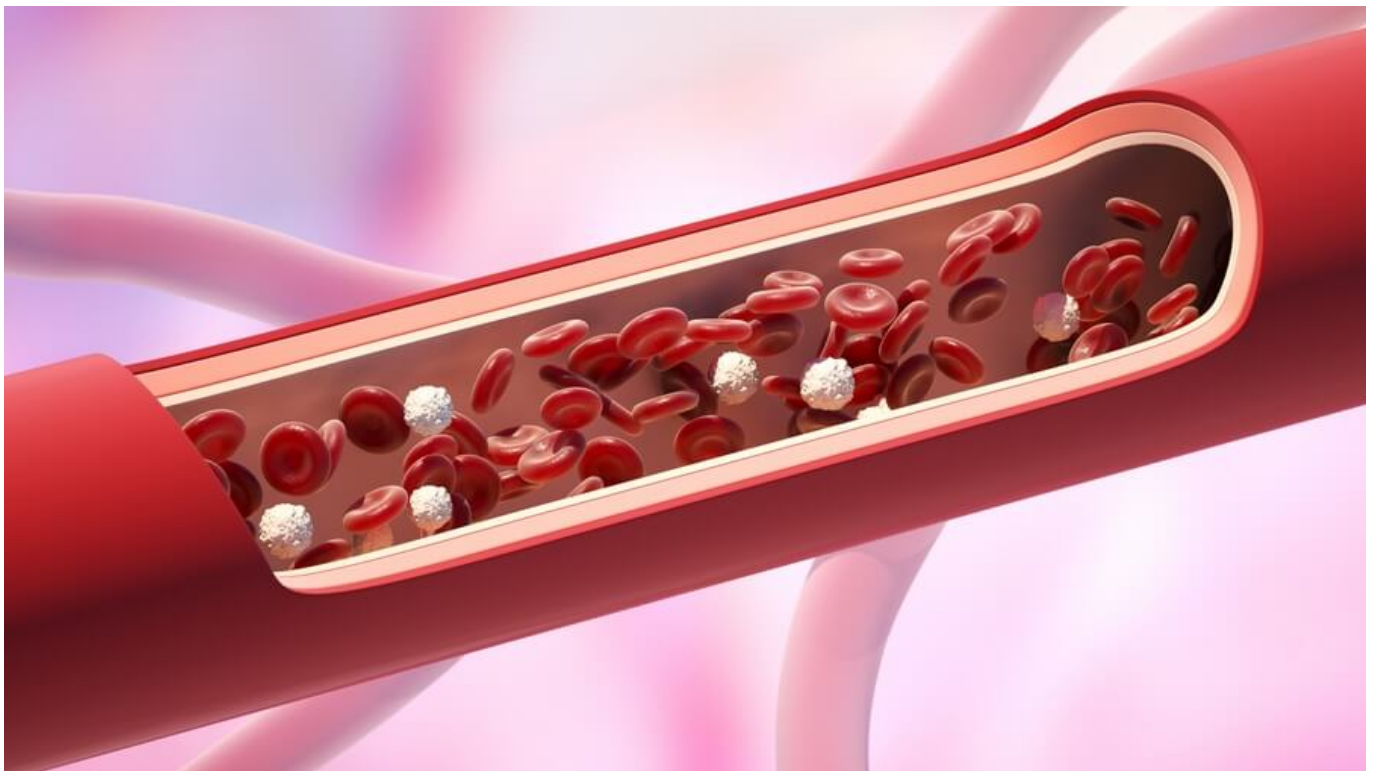
Working out should always be part of your everyday routine, whether you are taking supplements or not.

It can play a crucial part in reducing cholesterol in your body to ensure that your blood vessels remain open.

With open veins you will experience adequate blood flow.

Exercises also help you to remain in top condition even when you get older.

## **Conclusion**



You can experience a reduced blood flow due to various conditions like old age, inactive living life, genetics, and many others.

These conditions can lead to blockage of your arteries and even death if they are not addressed.

Luckily, supplements to increase blood flow and circulation have been shown to unclog blocked vessels to ensure that your blood flows freely.

There are hundreds of these supplements on the market today, and it can be challenging to choose the best.

But we have looked at some of the things that you should consider to ensure you get the best product.

Also, it is advisable to seek professional help before you use supplements, especially if you are taking other medicines.

Supplement to increase blood flow and circulation should also be used with other doctor's medication because they are just supplements, and not a permanent solution.

### References

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