

Dosage and formulation

Oral	300 mg (containing 50-75 mg escin per dose) every 12 hours for up to 12 weeks. A dose of 600 mg/d HCSE also has been studied.
Topical	A gel preparation of HCSE applied to the skin has been studied for bruising, without clear benefits.
Intravenous/ Intramuscular	Severe allergic reaction (anaphylactic shock) has been reported with intravenous use. Horse chestnut leaf has been associated with liver inflammation (hepatitis) after injection into muscle.

Source: MayoClinic.com. Drugs & Supplements: Horse chestnut (*Aesculus hippocastanum* L.). Available at: www.mayoclinic.com/health/horse-chestnut/NS_patient-Horsechestnut. Accessed Jan. 7, 2007.