

Diosmin for Varicose Veins & Leg Swelling

A plant-derived flavonoid that strengthens veins and improves circulation in the legs.

What is diosmin?

Diosmin is a natural flavonoid (often combined with hesperidin) extracted from citrus peel. It has been used in Europe for decades to treat chronic venous insufficiency, varicose veins, leg heaviness, swelling (edema), and hemorrhoids.

Benefits

- Strengthens vein walls and valves, reducing pooling of blood in the legs.
- Decreases leg swelling, heaviness, aching, cramping, and restless legs.
- Improves lymphatic drainage and reduces inflammation around varicose veins.
- Helps relieve burning and itching of varicose veins and spider veins.
- Often used to speed healing of venous leg ulcers alongside compression therapy.
- May reduce hemorrhoid flare-ups and bleeding.

Typical dose

- Daily maintenance: 500 mg diosmin (or 450 mg diosmin + 50 mg hesperidin) twice daily with meals.
- Acute flare-up of swelling or hemorrhoids: up to 1000 mg twice daily for the first 4 days, then standard dose.
- Allow 4–6 weeks of consistent use to feel the full benefit.

Get more out of it

- Wear 20–30 mmHg compression stockings during the day.
- Elevate your legs above heart level for 15 minutes, two to three times daily.
- Walk at least 20–30 minutes a day to pump blood out of the legs.
- Limit long periods of standing or sitting without movement.
- Stay well hydrated and limit excess salt.

Cautions

- Generally well tolerated. Mild stomach upset or headache is possible.
- Avoid if pregnant or nursing unless cleared by your physician.
- Tell us if you take blood thinners — diosmin may have a mild additive effect.
- Call our office if a leg becomes suddenly swollen, red, hot, or painful — this can signal a blood clot.

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Disclaimer: This handout is for general patient education and is not medical advice. Supplements can interact with prescription medications and may not be safe for every patient. Talk with Dr. Lyons or your primary provider before starting any new supplement, especially if you are pregnant, nursing, have diabetes, kidney or liver disease, a bleeding disorder, or take blood thinners.