

PLAIN LANGUAGE SUMMARY

Real-world effectiveness of a phlebotonic formulation combining diosmin, *Ruscus*, *Melilotus* and *Vitis vinifera* on symptoms and quality of life in patients with chronic venous and lymphatic disease: results from the VIVEMA Stasis observational study

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This study looked at a plant-based supplement combining diosmin, *Ruscus aculeatus*, *Melilotus officinalis* and *Vitis vinifera*, used alongside compression therapy in people with chronic venous and lymphatic disease. Fifty-one patients took the supplement daily for 30 days. The results showed significant improvements in quality of

life, including less leg pain, better sleep and easier movement. Swelling in the ankles and calves also decreased, and patients reported feeling less heaviness and fatigue. No side effects were reported. These findings suggest that the supplement may be a helpful addition to standard treatment for leg swelling and related symptoms.