

Get a Jump Start: Be Heart Smart!

Heart conditions are a major concern for millions of people. Many fight heart disease through diet and exercise while others add prescription medications to their struggle. With our heart health category of products, we address the needs of those looking for additional cardiovascular support through dietary supplementation. We offer unique products, each with a different approach to supporting heart health. Nutrients important for optimal heart health include the following:

- **Nutrients to Support Heart Health**

Policosanol has gained popularity as an alternative to prescription medication. It is an effective cholesterol support product that does not cause a deficiency in CoQ10, the main reason for aches and pains associated with cholesterol support drugs. Policosanol is a mixture of nine high primary aliphatic alcohols, formulated to maintain healthy levels of both LDL and HDL cholesterol. Octacosanol, the main ingredient in policosanol, is a powerful antioxidant that helps keep arteries healthy. The octacosanol used in our product is a derivative of sugar cane wax, not beeswax or rice bran sometimes used in other policosanol formulas. For policosanol, we feature:

- **Policosanol 20mg**

Niacin is another popular approach to supporting healthy cholesterol. The benefits of vitamin B3 for cardio health are well demonstrated, but some people complain of a flushing of the face after taking large doses. Inositol hexanicotinate is a form of niacin that is absorbed slowly by the body, not reaching full serum levels for nearly ten hours after consumption. Inositol hexanicotinate is not timed release niacin, it is a wholly separate type of vitamin B3 designed to provide all of the benefits of traditional niacin without the flush. We feature:

- **No-Flush Niacin 500mg**

Garlic has been used as herbal medication for thousands of years for everything from bubonic plague to food for workers on the great pyramids. Its health-promoting properties are mostly credited to the sulfuric amino acid called alliin that occurs in garlic. Alliin, however, is not fully effective until converted into allicin, which is the component that gives garlic its therapeutic effects. Heat inactivates alliinase, the enzyme responsible for the conversion of alliin to allicin. This may explain why it is recommended that raw garlic be used for health instead of cooked garlic. We feature:

- **High Allicin Garlic - odor free**

B Vitamins are the main nutrients supporting healthy levels of homocysteine, a toxic by-product of amino acid metabolism that can build up in the blood and affect heart health. These B vitamins include folic acid, vitamin B6, and vitamin B12. Additionally, B

vitamins help nourish and replenish the nutrient stores of organs that are taxed under stress, including the heart. Our specialty vitamin B complex for homocysteine support:

- **Homocysteine Support Formula with TMG**

Essential Fatty Acids play an important role in maintaining normal triglyceride levels in the blood. 2-3 servings of fatty fish per week is recommended for promoting heart health. Our product line features the following fish oil based formulas as well as vegetarian alternatives:

- **Borage Oil 1000mg**
- **Concentrated Omega-3** - 1200mg fish oil with natural orange flavor
- **EPA & DHA**
- **Evening Primrose Oil 500mg and 1300mg**
- **Flax Seed Oil 1000mg** - made from organic flax seeds
- **High Lignan Organic Flax Oil**
- **Ultimate Omega Complex™**

Antioxidants help protect the blood capillaries from oxidative damage. ActiVin® Grape Seed Extract contains resveratrol, an antioxidant found in grape seed responsible for the health benefits associated with red wine. Our antioxidants include:

- **ActiVin® Grape Seed Extract 50mg**
- **Alpha-Lipoic Acid 100mg and 300mg**
- **CoQ10 30mg, 60mg and 100mg**
- **Pycnogenol® 50mg**
- **Quercetin Complex**
- **Ultimate Antioxidant™**

Soy Protein - Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day have been shown to help reduce the risk of heart disease. We feature:

- **Certified IPP, Non-GMO Soy Protein Powder**
- **Ultimate Soy-Spirulina Protein Powder®**
- **NovaSoy® Soy Isoflavones**
- **Soy Protein Powder**

Heart Support Formulas

- **Cardio Support Softgels** offer key nutrients identified in scientific studies to support the cardiovascular system. B-vitamins help to keep homocysteine levels in check while CoQ10, omega-3 fatty acids, garlic oil, hawthorn, magnesium, niacin, and resveratrol offer cardio-positive effects.

- **Cholest-Check™** - this formula contains Niacin, CoQ10, Policosanol and ActiVin® Grape Seed Extract. This formula works to help keep cholesterol levels in check, while also specifically providing nutrients for healthy heart support.

This information is for education purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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