

CARDIOVASCULAR



Nutrients That Are Good for the Heart

A diagnosis of cardiovascular disease, usually hypertension (high blood pressure) or dyslipidemia (elevated cholesterol and lipids), often marks the beginning of multiple medication therapy. A multiple medication regimen not only can be difficult and expensive to maintain, but quite often brings on drug-induced nutrient depletions due to actions of the medications used. With the potential problems of unaddressed cardiovascular disease and the adverse effects of the medications used to treat this disease, many individuals attempt to address their cardiovascular issues with nutritional options.

However, before looking at nutritional supplements, we need to look at lifestyle changes. Poor diet with too much hydrogenated fat from processed foods, or too little essential fatty acids, can bring about cardiovascular disease. Daily exercise is essential to help protect the heart and prevent cardiovascular disease. Minimizing stress and good weight management are also critical to good heart health. Once cardiovascular disease has been diagnosed, lifestyle and diet changes are absolutely critical to minimize medication reliance.

When it comes to lowering lipid fractions, there are many nutritional products that have been shown to be helpful. Berberine, which is found in our product, **Berberine Support**, is an herbal product that has been shown to lower cholesterol levels comparable to statin drugs, and to also lower blood sugar and insulin levels comparable to the prescription drug metformin. Red yeast rice has a long history of being helpful for lowering high cholesterol. Magnesium has been shown to decrease lipid factors. When magnesium is taken with coenzyme Q-10, a heart protectant, it has been shown to improve heart stamina. Finally, healthy omega-3 oils such as **Omega-3 Extra Strength with D** may help to offset harmful fats and oils, and to decrease overall body inflammation.

Looking at the heart vessels and vasculature in the body, a number of products have been found to help keep blood vessels open and minimize hypertension caused by small occluded vessels. **Pycnogenol 50 mg** has been shown to help support the vascular epithelium and works particularly well with Nitric Oxide Formula. **Nitric Oxide Formula**, with **L-Arginine** and L-Citrulline, is designed to support healthy nitric oxide (NO) levels in the body. NO is responsible for keeping the blood vessels open and blood flowing throughout the body. Daily usage of **L-Arginine** and L-Citrulline has been shown to increase blood flow, oxygen perfusion, stamina and performance in individuals with poor vascular integrity.

Managing cardiovascular disease problems including high cholesterol, high lipids or high blood pressure, may require multiple nutritional supplements. Our nutritional team is here to help you maintain a happy, healthy heart.



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