



Category 11
Specialty Formulas



GOODFORYOU

GOOD FOR LIFE

HEART SUPPORT

(with CoQ10, Pure-Gar®, & Hawthorne in Enteric Coated Tablets) 60 Tabs #103284

Description: Heart Support - This unique supplement has been formulated to provide nutritional support for the heart and cardiovascular system. This synergistic combination of nutrients is an excellent adjunct to an overall wellness program focused on a low saturated fat diet and regular exercise. In addition to this product we recommend additional antioxidant vitamins and omega-3 rich fish and/or fish oil capsules.

Contents / Ingredients

Pure-Gar® garlic is grown in the high mountain valleys of California and Oregon and processed by a proprietary quick cool dry method which maintains certified minimum levels of Alliin, Allicin yield, total Thiosulfinates, Gamma Glutamyl Cysteines and total Sulfur compounds. Garlic is known for its deep penetration into the system to protect the internal organs and vessels against infection and blockage. It stimulates blood circulation and aids in the digestion of fats and oils.

CoQ10 (Co-Enzyme Q10) is a vitamin-like substance synthesized in the body from dietary phenylalanine that is naturally found in most living animals and plants (heart tissue). The heart may cease to function as CoQ10 levels fall by 75%. Its primary nutritional use is to support energy metabolism. The heart has very high-energy demands and very high concentrations of CoQ10. CoQ10 may also be effective in maintaining healthy blood pressure. It is a powerful anti-oxidant.

Hawthorne is one of the primary heart tonics; it decreases blood pressure with exertion, increases contractility of the heart muscles, and increases blood flow to the coronary muscle. It is also used for hypertension, hypercholesterolemia, palpitations, tachycardia, angina, cardiomyopathy, coronary artery disease (CAD), and varicose veins. It contains high levels of procyanidins, which are known to be cardiotoxic. Long-term use of Hawthorne, 6 months to a year or more, can sometimes reverse essential hypertension. Hawthorne is sufficiently strong to benefit patients with NYHA (New York Heart Association) stage II cardiac insufficiency as well as patients in stage I and stage II congestive heart failure.

L-Carnitine is an amino acid which nourishes the heart, nourishes and strengthens muscles, and nutritionally supports the circulatory system. Considered to be a "carrier" of fat to the mitochondria

"fat-burning" area of the cell, L-Carnitine is not only necessary for the metabolism of fat at the cellular level; it is also essential in the forming of firm, lean muscle tissue in the body. The heart has the greatest amount of L-Carnitine of any muscle in the body. It is instrumental in the metabolism of cholesterol; some overweight people may have a lack of it. The heart produces most of its energy from fats; thus is dependent upon L-Carnitine. Its deficiency causes extreme metabolic impairment to heart tissue; on the other hand, supplemental L-Carnitine has proved to be beneficial to heart patients.

Cayenne is a pepper well known for its benefits to the circulatory system. It aids the body to balance pressure levels and resist abnormal bleeding. Cayenne also nourishes the digestive system. This herb assists in the body's utilization of other herbs, when used in an herbal combination.

Ginger acts as a digestive aid as well as a peripheral blood circulation stimulant, so it is extremely useful for increasing poor circulation.

Traditional Therapeutic Action

Supplemental Facts

Serving Size 3 tablets	Servings per container 20	Amount Per Serving	% Daily Value
Calories		5	
Total Carbohydrates		1.0 g	<1%(*)
Thiamine (as Thiamine HCl)(Vitamin B-1)		50 mg	3333%
Vitamin B-6 (as Pyridoxine HCl)		50 mg	2500%
Folate (Folic Acid)		800 mcg	200%
Vitamin B-12 (as cyanocobalamin)		1.0 mg	16,667%
Iodine (from Kelp)		300 mcg	200%
Magnesium (as Magnesium Aspartate and Oxide)		200 mg	50%
Selenium (as L-Selenomethionine)		140 mcg	200%
Potassium (as Potassium Chloride and Aspartate)		200 mg	6%
Pur-Gar™ Garlic		1.0 g	(**)
L-Carnitine (from L-Carnitine fumarate)		400 mg	(**)
Ginger Root (Zingiber officinale)		250 mg	(**)
Cayenne Pepper (Capsicum frutescens)(fruit)		150 mg	(**)
Hawthorne Extract (Crataegus oxycantha) (Standardized to contain 1.8% Vitexin-2' rhamnoside and hyperoside)		150 mg	(**)
CoEnzyme Q10		30 mg	(**)
Alpha Lipoic Acid		20 mg	(**)

(*) Percent Daily Values based on a 2,000 calorie diet

(**) Daily Value not established

Other ingredients : Cellulose, Stearic Acid (vegetable source), Croscarmellose, Sodium, Magnesium Stearate (vegetable source) and Enteric Coating. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk or egg.

SUGGESTED DOSAGE: As a dietary supplement, take three tablets daily, preferably with meals.

CAUTION: Patients taking cardiac glycosides such as digitalis should inform their physicians that Hawthorn may potentiate the drug's effect, and dosage may need to be adjusted. Ginger may increase absorption of pharmaceuticals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.