

# Heart Health

## Harmony & Health

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Quality Products for Health

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Heart disease is the number one cause of death in the USA and can be caused by a number of risk factors, including a poor diet, lack of exercise, stress, obesity and smoking. Embrace a healthier lifestyle to prevent heart disease, as well as supplementation to fortify your health.

### Heart Healthy Supplements:

- **MegaChel** - a multiple vitamin with chelated minerals, antioxidants, herbs, and amino acids designed to supply maximum nutrition for the circulatory system, reduce free radicals, toxins and plaque. A great formula to strengthen and cleanse the cardiovascular system, often referred to as "Oral Chelation".
- **Solstic Cardio** - arginine-fortified drink to keep the blood vessels dilated so that blood can flow properly. It provides amino acids to repair & build muscle, promote stamina & blood flow.
- **Blood Pressurex** - supports the structure and health of blood vessels and encourages optimal blood flow. This formula contains herbs and the well-studied nutrient resveratrol. All of these antioxidant nutrients help protect blood vessels, promote peripheral blood flow, inhibit cell damage to the cardiovascular systems, and maintain healthy blood pressure.
- **Cardio Assurance** - blend of resveratrol, hawthorn, K2, B6, folic acid, & B12 designed to promote circulation, prevent atherosclerosis, & maintain healthy blood vessels.
- **Co-Q10** - shown to improve symptoms of congestive heart failure. Clinical research indicates that introducing CoQ10 prior to heart surgery, including bypass surgery and heart transplantation, can reduce damage caused by free radicals, strengthen heart function, and lower the incidence of irregular heart beat (arrhythmias) during the recovery phase. A must if you are taking a statin cholesterol medication.
- **Guggul** - This Ayurvedic mixture of plant medicinals has the ability to lower bad cholesterol while raising the good cholesterol.; also used for atherosclerosis.
- **Garlic** - lower blood pressure and improves the elasticity of the blood vessel walls. It acts as a natural blood thinner and is a great whole-body tonic because of its antioxidant, antimicrobial properties.
- **Methyl Combo** - good source of folate, which lowers homocysteine levels and decreases inflammation.
- **Hawthorn** - An age-old herbal remedy that contains large amounts of flavonoids which help to strengthen weak blood vessels, stabilize capillaries, and strengthen the heart.
- **Ginkgo & Hawthorn Comb** - a blend of three heart healthy herbs, Hawthorn berries, Ginkgo, and Olive Leaf, supporting the cardiovascular system, brain, and blood pressure.
- **PowerBeets** - Nitric Oxide source which can aid cardiovascular and heart health function while increasing exercise capacity and stamina. Improves gut (microbiome) health and related immune function. May be helpful with healthy blood pressure and erectile dysfunction as it improves blood flow to organs.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*