

A Naturopathic Approach to Cardio Health

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

Blood Pressure Factors™

Regulation of blood pressure in the body is constantly monitored through a “negative feedback loop”. Specific nutrients have been identified as beneficial for supporting this blood pressure regulation system in three key areas: the cardiovascular system, the nervous system, and fluid balance. A number of these nutrients play multiple roles.



Supports the cardiovascular system:

Hawthorn – cardiovascular support.

Taurine – found in relatively high levels in the heart muscles and has neurotransmitter properties for the nervous system. Involved in cell volume regulation in the nervous system.

Magnesium – a mineral relaxant for arterial smooth muscle, works with calcium. As an electrolyte it is needed by nerve and muscle cells including the heart.

Cayenne – an herbal smooth muscle relaxant.

Apple pectin – soluble fiber.

Manganese – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

Supports the nervous system:

Calcium – electrolyte.

Magnesium – Magnesium is a cofactor in more than 300 enzyme systems regulating diverse biochemical reactions in the body including muscle and nerve function.

Vitamin B6 – nerve nutrient, acts as a co-enzyme for the synthesis of several neurotransmitters including serotonin.

Potassium – electrolyte for proper nerve action and communication.

Valerian – relaxant, sedative.

Hops – relaxant that does not cause drowsiness during the day; nervine.

Supports fluid balancing:

Vitamin B6 – helps the body to maintain the balance between sodium and potassium, and to regulate the body's fluids.

Potassium – balances sodium levels in tissues by entering cells and displacing sodium.

Celery – traditional herbal nerve tonic.

Additional

Taurine – works in electrically active tissues (any tissue that needs to move, i.e., muscles, heart, intestinal tract) by controlling what can move in and out of the cell so that these cells function properly.

It is one of the most abundant free amino-acid-like compounds found in cardiac muscle, as well as in the nervous system, and it is important particularly in the brain.

Vitamin D for proper Calcium metabolism and absorption.

S u p p l e m e n t F a c t s		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol) (from Lanolin)	1.25 mcg (50 IU)	6%
Vitamin B6 (as Pyridoxine Hydrochloride)	100 mg	5882%
Calcium (as Dicalcium Phosphate and Calcium Citrate)	200 mg	15%
Magnesium (as Magnesium Citrate)	30 mg	7%
Manganese (as Manganese Amino Acid Chelate)	11 mg	478%
Potassium (as Potassium Citrate)	210 mg	4%
Proprietary Blend	1.73 g (1725 mg)	*
Hawthorn Berry (<i>Crataegus oxyacantha</i>), Apple Pectin, Garlic Bulb Powder (<i>Allium sativum</i>), Hops Flower (<i>Humulus lupulus</i>), Valerian Root (<i>Valeriana officinalis</i>), Taurine, Cayenne Fruit (<i>Capsicum annuum</i>) and Celery Seed (<i>Apium graveolens</i>)		
*Daily Value not established.		

OTHER INGREDIENTS: Inulin (from Agave), Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, and Pharmaceutical Glaze (Shellac, Povidone)

CAUTION: KEEP OUT OF REACH OF CHILDREN. Not to be taken by pregnant or lactating women.

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6003 RANDOLPH BLVD
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www.michaelshealth.com

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Cholesterol Metabolism Factors™

Supporting the metabolism of fats and cholesterol may improve circulation by bringing more nutrients to the tissues and thus better nourishing them.

Cholesterol Metabolizing/Fat processing:

Niacin – B vitamin that helps to metabolize cholesterol.

Choline and Inositol – support and nourishment for the “fat burning” process in cells.

Lecithin – emulsifies fat for its digestion; provides phospholipids for cell membrane structure.

Pantethine – the active form of pantothenic acid, supports the adrenals and provides part of the structure of Coenzyme A, important to cellular energy production.

Beta Glucan from Oat bran – An important soluble fiber.

Detoxifying:

Apple Pectin – soluble fiber helps to decrease colon transit time.

Magnesium – required for hundreds of enzymes and for assimilation of Calcium from the blood stream.

Milk Thistle – promotes liver cell growth and supports bile production for fat and cholesterol metabolism. Also has antioxidant properties.



Production:

Vitamin D – produced from cholesterol.

Vitamin B6 and Niacin – needed for nerve and energy systems.

Cholesterol's many functions include: structural component of cell membranes, synthesized into sex hormones (testosterone and estrogen), converted into Vitamin D, production of CoQ10, transport of fat soluble vitamins, fetal growth and development, synthesis of bile, part of the nerve-protective myelin sheath.

Supplement Facts		
Serving Size	Six (6) Tablets	
Amount Per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol††)	9 mcg	45%
Niacin (as Niacinamide)	180 mg	1125%
Vitamin B6 (as Pyridoxine Hydrochloride)	90 mg	5294%
Choline (as Choline Bitartrate)	192 mg	35%
Magnesium (as Magnesium Amino Acid Chelate)	180 mg	43%
Proprietary Blend	2.2 g (2238 mg)	*
<small>Whole Oat Bran (from Nutrim® Oat Bran**), Inositol, Organic Apple Fruit, Phytosterol Blend (from Pine Tree) (70% Beta Sitosterol, 15% Campesterol, 2% Stigmasterol), Organic Ginger Root (<i>Zingiber officinale</i>), Lecithin (from Sunflower), Milk Thistle Extract (<i>Silybum marianum</i>) (80% Silymarin), Pantethine (from Pantothenic Acid), Organic Butcher's Broom Root (<i>Ruscus aculeatus</i>) and DHA† (Docosahexaenoic Acid) from Algae Oil Complex Powder</small>		
<small>*Daily Value not established.</small>		

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

† Contains milk and soy.

†† From Lanolin.

** Nutrim® is a registered trademark of VDF FutureCeuticals, Inc. U.S. Patent No. 6060519.

Nutrim

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Sugar Metabolism Factors™

Supports sugar metabolism and the production of insulin by the pancreas. Provides ingredients for the nourishment and protection of the cardiovascular system, the liver and the pancreas and to help balance acidity in the bloodstream. It also provides support for the thyroid and adrenal glands.



Sugar metabolism

Thiamin and Niacin – B vitamins that help the body metabolize carbohydrates and fats; both are needed as catalysts for important energy molecules.

Vanadium – animal studies have shown that vanadyl sulfate can potentiate insulin.

Chromium – A mineral humans require in trace amounts.

Gymnema – Asian herb used for supporting glucose/sugar metabolism.

Cardiovascular protection

Vitamin C is a cellular antioxidant and this function is protective at the cell membrane level. Insulin also mediates the transport of Vitamin C into cells. Along with niacin, *helps chromium* to be better absorbed.

Manganese – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

Calcium and Magnesium – both help to neutralize acidity in the body.

Pancreas/insulin

Zinc – helps in the synthesis, storage and secretion of insulin and proper function of pancreatic islets cells.

Nopales – (*Opuntia*, Prickly pear cactus) contains fiber and pectin, a soluble fiber and

complex carbohydrate.

Cedar Berry and Blueberry Leaf – Traditionally used for support of the pancreas.

Liver Function Support

Milk Thistle – helps to stimulate liver cells.

Pantothenic Acid – supports the adrenals for good communication with the liver.

Iodine – supports thyroid for all energy processes including the basal metabolic rate (how fast or slow a person's metabolism operates).

Additional

Acidity – sugar can over-acidify the tissues.

Glutamine – the main small intestine gluconeogenic (glucose producing) substrate is glutamine; provides glucose for the nourishment of the small intestinal cells and also for the cells of the kidneys. May help eliminate craving for sugar.

S u p p l e m e n t F a c t s		
Serving Size	Six (6) Tablets	
Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	300 mg	333%
Thiamin (as Thiamin Hydrochloride)	150 mg	12,500%
Niacin (as Niacinamide and 20% Nicotinic Acid)	300 mg	1875%
Pantothenic Acid (as d-Calcium Pantothenate)	200 mg	4000%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Amino Acid Chelate and Magnesium Ascorbate)	250 mg	60%
Zinc (as Zinc Monomethionine**)	60 mg	545%
Manganese (as Manganese Amino Acid Chelate)	6 mg	261%
Chromium (as Chromium Polynicotinate**)	300 mcg	857%
Proprietary Blend	2.9 g (2900 mg)	*
Prickly Pear (Leaf) (<i>Opuntia ficus-indica</i>), Flax Seed, Thuja (berry) (<i>Thuja occidentalis</i>), Gymnema Leaf, L-Glutamine (Free Form Amino Acid), Milk Thistle Seed Extract 5:1 (<i>Silybum marianum</i>), Blueberry Leaf (<i>Vaccinium angustifolium</i>), Ginger Root (<i>Zingiber officinale</i>) and Vanadium (Vanadyl Sulfate)		
*Daily Value not established.		

OTHER INGREDIENTS: Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide, and Pharmaceutical Glaze (Shellac, Povidone).

**ChromMate® and OptiZinc® are Lonza trademarks.

CHROME MATE® OptiZinc®

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Fat Metabolism Factors™

Ideal for weight management

Nutrients for metabolism of fats

Choline and inositol – both are lipotropics.

Lecithin – emulsifies fat; binds to fat for elimination.

Vitamin B6 supports metabolism, digestion, and the release of stored energy through the conversion of glycogen to glucose in the liver.

Energy support

Iodine and Chromium – *iodine* for the thyroid.

Chromium for carbohydrate metabolism.

Guggul Gum has antioxidant properties; traditionally used to enhance metabolism through support of the thyroid gland.

Appetite support

Phenylalanine – An amino acid that stimulates CCK (cholecystokinin) which tells the brain that hunger is satiated.

Water Balance

Vitamin B6, Potassium both help body maintain proper fluid balance.



Water Balance Factors™

An additional component for weight maintenance plans, this formula is a combination of nutrients that supports proper weight by helping to balance fluid levels in the body. The formula provides nutrients in meaningful amounts that also address the kidneys, which are responsible for maintaining fluid levels. As our filters, the kidneys must be functioning properly for fluids and toxins to be properly removed from the body.

For fluid balance:

Corn Silk, Buchu Leaf, Uva Ursi – herbs traditionally used for their mild water balancing properties.

Potassium – for a better balance with sodium.

Vitamin B6 – supports the balance of sodium and potassium.

For kidney support:

Elder Flower, Hydrangea, Parsley, Uva Ursi – traditional herbs.

Watermelon seeds – a traditional fluid balancing food.

Supplement Facts		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	100 mg	5882%
Choline (as Choline Bitartrate)	200 mg	36%
Iodine (from Kelp)	225 mcg	150%
Chromium (as Chromium Polynicotinate**)	200 mcg	571%
Potassium (as Potassium Amino Acid Chelate)	99 mg	2%
Proprietary Blend	1.00 g (1000 mg)	*
Lecithin (from Sunflower), Inositol, Guggul Gum*** (from <i>Commiphora mukul</i>) (2.5% Guggulsterones) and L-Phenylalanine		

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

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CHROMEMATE®

***Gugulipid® is a Trademark of Sabinsa Corp.

CAUTION: KEEP OUT OF REACH OF CHILDREN. Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

Supplement Facts		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	150 mg	8824%
Potassium (as Potassium Citrate)	210 mg	4%
Proprietary Blend	2.7 g (2700 mg)	*
Corn Silk (<i>Zea mays</i>), Buchu Leaf (<i>Barosma betulina</i>), American Elder Flower (<i>Sambucus nigra canadensis</i>), Hydrangea Root (<i>Hydrangea arborescens</i>), Uva Ursi Leaf (<i>Arctostaphylos uva ursi</i>), Parsley Leaf (<i>Petroselinum crispum</i>) and Watermelon Seed (<i>Citrullus vulgaris</i>)		

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