

# HEALTHY HEART PLUS



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## WHAT IS IT?

Healthy Heart Plus is a comprehensive formula designed to support all facets of heart health. It contains a blend of nutrients that have positive effects on the heart and blood vessels. All of the nutrients are present in therapeutic doses, offering a unique all-in-one formula with lower doses of co-factors needed for optimal metabolic reactions in the body.

## WHAT IS IT USED FOR?

Healthy Heart Plus is formulated with a wide range of nutrients including vitamins, minerals and amino acids to support healthy cholesterol levels, manage blood sugar and blood pressure, improve overall cardiovascular function, promote integrity of blood vessels and optimize metabolism. The primary use of Healthy Heart Plus is to reduce and manage risk factors for cardiovascular disease. Other benefits include, increased capacity for the body to generate collagen and increased energy.

## MECHANISMS OF ACTION

- Reduces LDL cholesterol
- Enhances metabolic action of insulin
- Supports the mitochondria
- Strengthens blood vessels
- May prevent buildup of calcium in arteries

## WHO IS THIS FOR?

- Family history of heart disease
- Those with metabolic disease
- Anyone with risk factors for cardiovascular disease
- Individuals wanting to optimize cardiovascular health
- Those wishing to prevent heart disease and reduce risk factors
- Anyone with pre-diabetes

## INGREDIENT SPOTLIGHT

Each ingredient was purposely hand selected to support cardiovascular health. In addition to these, Healthy Heart Plus contains additional minerals and amino acids that positively influence heart health



### VITAMIN C

Protects against atherosclerosis and promotes healthy cholesterol while helping increase nitric oxide



### CHROMIUM

Clinically proven to help manage blood sugar and reduce risk for cardiovascular disease and type 2 diabetes



### COQ10

Found in high concentrations in the heart, CoQ10 protects the cardiac cells and promotes healthy blood pressure



### AFRICAN WILD MANGO

Has a positive effect on blood lipids and supports a healthy weight by encouraging fatty acid breakdown and inhibits the creation of fat



### MAGNESIUM

Low magnesium is one of the largest risk factors for heart disease as it is needed for the heart muscle to contract and pump blood through the whole body



### B-VITAMINS

The B-vitamins in this formula are needed for metabolism of homocysteine, which damages blood vessels at high levels. The B vitamins lower risk for cardiovascular disease