

**Powerful Premium Potency Products**

## **HEART SUPPORT PROTOCOL**

<b>AMINOCARD</b>	- Supplies RNA/DNA Nucleic Acid for the Heart
<b>COQ10</b>	- Assists in stopping heart palpitations and skipping heart beats
<b>MAGNESIUM OROTATE</b>	- Supplies the right form of magnesium for the heart
<b>L-CARNITINE</b> - ADD if holding excess weight or pains in the calf muscles (Angina of the legs)	- Burns unwanted toxic fats around the heart, reducing inflammation
<b>OMEGA 3</b>	- Energy for the heart muscles, anti-inflammatory
<b>L-GLUTATHIONE</b>	- Removing toxins via the Liver
<b>VITAMIN E COMPLETE</b>	- Assists with stopping clot formation

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## **HEART SUPPORT PROTOCOL**

### **AMINOCARD**

Take two tablets morning, and two tablets night with food

#### **SUPPORTS THE HEART MUSCLE REPAIR WITH RNA/DNA OF THE HEART AND HELPING SUPPORT HEART FUNCTION**

Aminocard is a formula containing the natural amino acids in the same proportion as they are needed by the Heart muscle helping support the heart muscle and Heart energy metabolism. It includes Adenosine, a vital co-enzyme component for muscle energy metabolism.

### **COQ10 (150mg)**

Take one capsule in the morning and one capsule in the evening with food

#### **COQ10 ACTS AS AN ANTIOXIDANT, WHICH PROTECTS CELLS FROM DAMAGE AND PLAYS AN IMPORTANT PART IN METABOLISM AND HAS ANTI INFLAMMATORY PROPERTIES**

#### **BENEFITS OF COQ10**

- Support heart conditions including Myocarditis
- Muscle energy - strong heart beat/rhythm Arrhythmia (helps stop skipping heart beat)
- Helps stop Palpations
- Supports Heart conditions including chronic heart failure

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## **HEART SUPPORT PROTOCOL**

### **MAGNESIUM OROTATE**

Take two tablets morning, and two tablets night with food

**SUPPLIES THE RIGHT FORM OF MAGNESIUM FOR THE HEART**

#### **BENEFITS**

- Supports cardiovascular function
- Provides relief for muscular spasms
- May assist nervous tension and stress
- Muscle support during exercise

Magnesium Orotate contains high potency bioavailable Magnesium. Magnesium is the second most abundant intracellular mineral and is involved in virtually all energetic processes in the body. It has critical roles in, bone metabolism, nerve conduction and muscular contraction and cardiovascular function.

**Without adequate cellular levels of magnesium, energy production and the synthesis of proteins, DNA and RNA are impaired.**



## **HEART SUPPORT PROTOCOL**

### **L-CARNITINE WITH B1**

Take one capsule two times a day with food

#### **HELPS METABOLISE FATS FOR ENERGY**

**ADD** if holding excess weight or pains in the calf muscles (Angina of the legs)

#### **BENEFITS OF L-CARNITINE**

- May increase oxygen supply to your muscles/heart muscle
- May increase blood flow and nitric oxide production, helping delay discomfort and reduce fatigue and help with stamina
- May reduce muscle soreness after exercise
- May improve recovery after exercise taking stress off the body and heart

**L-Carnitine** helps support of energy metabolism, transports long-chain fatty acids into mitochondria to be oxidized for energy production, and also participates in removing waste products from cells. Given its key metabolic roles, Carnitine is concentrated in tissues like skeletal and cardiac muscle (Heart) that metabolise fatty acids as an energy source.

## **FISH OIL**

Take 1,500mg morning and night with food

#### **OMEGA 3 FATTY ACIDS ARE IMPORTANT FOR HEALTHY HEART, BRAIN AND LIVER FUNCTION**

#### **Benefit of Fish Oil**

- **Anti-Inflammatory effect**
- **Fuel for the Heart Muscle**



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## **HEART SUPPORT PROTOCOL**

### **L-GLUTATHIONE**

Take two tablets, three times a day with food

**L-GLUTATHIONE IS USED BY THE LIVER TO DETOXYIFY THE BODY**

#### **L-GLUTATHIONE MAY HELP WITH**

- Immune System Function
- Detoxify the Liver
- Helps reduces symptoms of Oedema (Fluid Retention)
- Helps the liver process alcohol effectively
- Fatty Liver
- Protects cells subject to high oxidative stress

L-Glutathione is used by the liver in the detoxification pathways and protects cells subject to high oxidative stress. L-Glutathione binds onto toxicity, and helps removes heavy metals and chemicals from the liver.





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## **HEART SUPPORT PROTOCOL**

### **VITAMIN E COMPLETE**

Take one capsule morning and one capsule at night with food

#### **UNTANGLES THE BLOOD**

#### **BENEFITS OF VITAMIN E COMPLETE**

- Contains four organically derived enzymes that help stop the formation of blood clots
- Supports a healthy cardiovascular and circulatory system
- Antioxidant support for red blood cells and joints
- Helps protect against cell and tissue damage

Vitamin E Complete contains a **balanced Vitamin E complex** and includes **Selenium and Magnesium** which provides antioxidant support for red blood cells, cardiovascular system by untangling sticky blood, therefore restoring the delivery of oxygen to the cells and tissues.