



# Cardiac Px

*Supports healthy cardiac circulation*



**Cardiac Px** is a comprehensive botanical and nutrient formula containing a variety of herbs known for maintaining a healthy heart tissue, blood flow, rhythm and rate.

### Formulation Features

- Supports the heart and nourishes the cardiovascular system
- Promotes cardiac circulation, muscle contractibility, and oxygen utilization
- Supports healthy functional coronary vessels
- Formulated with 100% certified organic herbs

## Formula

Each/Chaque vegi capsule contains:

Magnesium (citrate)	6 mg
Hawthorn Leaf and Flower, 1.5% Vitexins, (Crataegus laevigata), 0	360 mg
Motherwort herb (Leonurus cardiaca), 0	80 mg
Lemon Balm herb (Melissa officinalis), 0	20 mg

### Constituent Biomarker Per Dose

Vitexins	5.4 mg
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0=Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi-capsule

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95% of our herbs and herbal extracts are certified organic.

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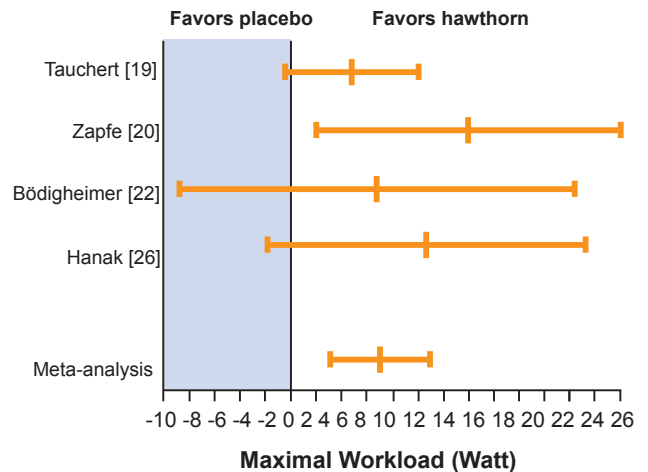
## Supplementation

- Take one to three capsules twice a day or as directed by your health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night
- Consume omega 3 fats daily
- Avoid all trans fats

Effects of hawthorn extract for cardiac support in chronic subjects based on meta-analysis (n=310) of the most rigorous clinical trials measuring maximal work load. The vertical line represents no difference between hawthorn extract and placebo.



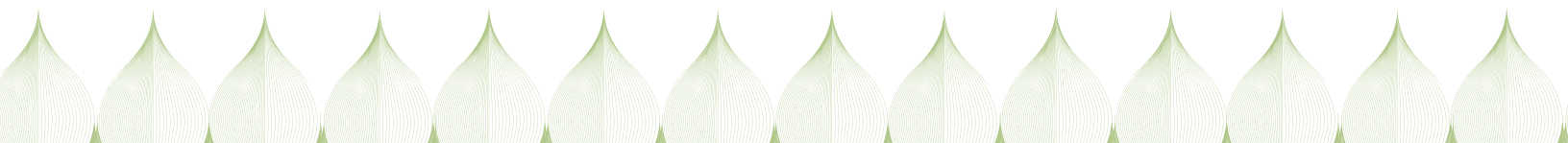
Pittler MH, Schmidt K, Ernst E. Hawthorn extract... meta-analysis of randomized trials. *Am J Med.* 2003 Jun 1;114(8):665-74.

### SELECTED REFERENCES:

- Schrutka-Rechtenstamm R, Kopp B, Löffelhardt W. *Planta Med* 1985, 51:387-390
- J Cardiovasc Pharmacol* 2000;35:700-7.
- Eur J Heart Fail* 2008, 10:1255-1263

**Hawthorn Berry** (*Crataegus* species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness and supports relaxed smooth muscle of blood vessels

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