

Heart truths about heart disease

The leading cause of
DEATH world wide

80% of heart disease
is preventable



Men's risk of heart
disease begins to rise
after 45.
By 55, it's doubled

7x more women die
of heart disease than
breast cancer

Welcome to Heart Awareness Month!

Of all the 'awareness' months, Heart Awareness Month offers the potential for the greatest impact. That's because cardiovascular disease has remained the leading cause of death globally for the last 20 years. It takes an estimated 17.9 million lives each year. More than four out of five cardiovascular deaths are due to heart attacks and stroke, and one-third of these deaths occur prematurely in people under 70 years of age.

Those statistics are pretty darn scary on their own. With the recent spotlight on the risks of "underlying health conditions", there has never been a better time to focus on improving your cardiovascular health.

The number one way to improve your cardiovascular health is to make changes to your lifestyle. Eating a healthy diet with mainly wholefoods, maintaining a healthy weight, and getting plenty of physical activity, can lower your risk of cardiovascular disease.

There are excellent tools available to take the hassle out of making lifestyle changes. We recommend the [Heart-Healthy Steps programme in the US](#).

For additional cardiovascular support, we recommend [CX8](#), one of the most effective heart-health products available today. [CX8](#) is a combination of eight synergistic ingredients that are designed to address the five main causes of cardiovascular problems.

With customers in almost every continent and an average customer rating of 4.9 out of 5, it's easy to see why [CX8](#) has become one of our top-selling supplements.

Take action this Heart Awareness Month and support your cardiovascular system with [CX8](#). Your future self will thank you!



Dr. Amanda Wiggins, PhD,
Xtend-Life Chief Research Scientist

Why You Should be Taking CardiOmega

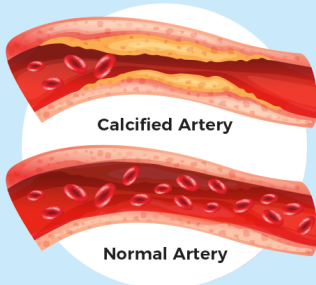
We all know Omega-3 is good for heart health, but here's why you need to add Omega-7 to your list for improving cardiovascular and metabolic health.

[READ BLOG](#)

CX8 - Cardio Support

A unique, highly advanced supplement which supports the cardiovascular system.

[SHOP NOW](#)



We Wanted You to be the First to Know

Everyone loves a sneak preview! After many months of development, we are beyond excited to share with you that we're launching a new product before the end of February!



Introducing [VasQFlow](#), a product with serious science-backed credentials that is designed to support healthy nitric oxide levels. Nitric oxide is a molecule in your body that is essential for healthy blood flow and has multiple health benefits. Unfortunately, our levels of nitric oxide decline with age.

Keep an eye out for the launch of [VasQFlow](#), a better way to support healthy blood flow.



Sources:

The Society for Cardiovascular Angiography

American Heart Association

CDC - Centres for Disease Control and Prevention

Healthy Heart Steps

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