



One packet daily provides:

- CoQ10 100 mg**
- Fish Oil 1000 mg**
(providing 300 mg EPA & 200 mg DHA)
- Vitamin D3 1000 IU**
- + Resveratrol 200 mg**
(providing 40 mg trans-Resveratrol)

- **An impressive combination of nutrients known for being beneficial to the heart***
- **With the added "plus" + of Resveratrol**
- **Each cellophane packet contains all 4 products conveniently dispensed from an easy-to-open box**



*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Cardiovascular Wellness: A core issue in modern American health



The cardiovascular system directly impacts every activity in the body. The heart literally sends the "life blood" coursing through our arteries to every cell in the body so that they can live and function. The blood is our main transport system delivering nutrients and oxygen while removing toxins and carbon dioxide.

Supporting the integrity of the cardiovascular system requires a multi-dimensional approach. The crucial roles of diet and exercise are well-known.

The use of certain nutrients to support the cardiovascular system has been well researched. Included on the list of nutrients known for their heart supportive functions are CoQ10, Fish Oil, and Vitamin D3. The following provides information on how these three can support the heart.

Coenzyme Q10 (CoQ10) helps to prevent potentially harmful oxidative damage to LDL cholesterol. Coenzyme Q10 is required by our cells to produce energy. This is particularly important for the heart, as it is for any high energy, "always on" organ. CoQ10 plays an important role in maintaining the integrity of our cell membranes by helping to prevent free radical damage, especially potentially damaging oxidation to LDL cholesterol.

The **Omega-3's from fish oil** are EPA and DHA. They are known as 'essential' fatty acids because our bodies cannot make them, so they must be consumed as food or taken as supplements. These Omega-3's support cell membrane integrity as actual components of the membrane itself. They function to maintain membrane fluidity. Like all cells, heart cells function best with healthy membranes.

EPA and DHA may help to modulate the natural inflammatory process. Omega-3's function to assist the body to maintain triglyceride and cholesterol levels that are already within a normal range. Additionally, fish oil supports overall circulation.

Vitamin D3 supports healthy cholesterol and triglycerides. Vitamin D3 is known for its role in immune system function. In relation to blood sugar, research suggests that Vitamin D3 may impact insulin secretion and sensitivity. Maintaining healthy blood sugar levels is an important factor in heart health. Research also indicates that Vitamin D3 may play a role in the normal inflammatory process.

In addition, **Resveratrol** may help to neutralize potentially damaging free radicals through its role as a powerful antioxidant. Free radicals may cause damage to any type of cell including heart cells.

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