Regulation of blood pressure in the body is constantly monitored through a “negative feedback loop”. Specific nutrients have been identified as beneficial for supporting this blood pressure regulation system in three key areas: the cardiovascular system, the nervous system, and fluid balance. A number of these nutrients play multiple roles.

**Supports the cardiovascular system:**
- **Hawthorn** – cardiovascular support.
- **Taurine** – found in relatively high levels in the heart muscles and has neurotransmitter properties for the nervous system. Involved in cell volume regulation in the nervous system.
- **Magnesium** – a mineral relaxant for arterial smooth muscle, works with calcium. As an electrolyte it is needed by nerve and muscle cells including the heart.
- **Cayenne** – an herbal smooth muscle relaxant.
- **Apple pectin** – soluble fiber for proper excretion of toxins and fat, may help with the metabolism of fat and cholesterol.
- **Manganese** – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

**Supports the nervous system:**
- **Calcium** – electrolyte.
- **Magnesium** – Magnesium is a cofactor in more than 300 enzyme systems regulating diverse biochemical reactions in the body including muscle and nerve function.
- **Vitamin B-6** – nerve nutrient, acts as a co-enzyme for the synthesis of several neurotransmitters including serotonin.

**Supports fluid balancing:**
- **Vitamin B-6** – helps to maintain the balance between sodium and potassium, and to regulate the body’s fluids.
- **Potassium** – balances sodium levels in tissues by entering cells and displacing sodium.
- **Celery** – traditional herbal nerve tonic.

**Additional**
- **Taurine** – works in electrically active tissues (any tissue that needs to move, ie; muscles, heart, intestinal tract) by controlling what can move in and out of the cell so that these cells function properly.

It is one of the most abundant free amino-acid-like compounds found in cardiac muscle, as well as in the nervous system, and it is important particularly in the brain.

**Vitamin D** for proper Calcium metabolism and absorption.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: Three (3) Tablets</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vitamin D (as Ergocalciferol)</td>
<td>50 IU</td>
</tr>
<tr>
<td></td>
<td>Vitamin B-6 (as Pyridoxine Hydrochloride)</td>
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</tr>
<tr>
<td></td>
<td>Calcium (as Dicalcium Phosphate and Calcium Chelate)</td>
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<tr>
<td></td>
<td>Magnesium (as Magnesium Amino Acid Chelate)</td>
<td>30 mg</td>
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<tr>
<td></td>
<td>Manganese (as Manganese Amino Acid Chelate)</td>
<td>11 mg</td>
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<tr>
<td></td>
<td>Potassium (as Potassium Amino Acid Complex)</td>
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<tr>
<td><strong>Proprietary Blend</strong></td>
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</tr>
<tr>
<td>1.73 g (1725 mg) <strong>Proprietary Blend</strong></td>
<td>1.73 g (1725 mg)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

**Other Ingredients:** Stearic Acid, Inulin (from Agave), Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

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PO BOX 34914 SAN ANTONIO, TEXAS 78265 Consumer Information Services Voice Mail: 800-845-2730 www.michaelshealth.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Cholesterol Metabolism

Factors™

Supporting the metabolism of fats and cholesterol may improve circulation by bringing more nutrients to the tissues and thus better nourishing them.

Cholesterol Metabolizing/
Fat processing:
Niacin – helps to metabolize cholesterol.

Choline and Inositol help the body to “burn” fats.

Lecithin – emulsifies fat for its digestion; provides phospholipids for cell membrane structure and repair. Binds to fats for elimination.

Pantethine – the active form of pantothenic acid, supports the adrenals and provides part of the structure of Coenzyme A, important to cellular energy production.

Beta Glucan from Oat bran – This soluble fiber has been shown to provide support in maintaining proper cholesterol metabolism.

Beta Sitosterol – Plant sterols with a structure similar to cholesterol, have been shown to inhibit fat and cholesterol absorption in the intestinal tract.

Iodine – nourishes the thyroid gland, supports proper metabolism.

DHA from algae – may help to decrease triglyceride concentrations.

Detoxifying:

Apple Pectin – soluble fiber helps to decrease colon transit time for faster excretion of toxins, has “magnetic” properties to latch onto and get rid of toxins via the intestinal tract.

Magnesium – required for hundreds of enzymes and for assimilation of Calcium from the blood stream.

Milk Thistle – promotes liver cell growth and supports bile production for fat and cholesterol metabolism. Also has antioxidant properties.

Production:

Vitamin D – produced from cholesterol.

Vitamin B-6 and Niacin – needed for nerve and energy systems.

Cholesterol’s many functions include:
structural component of cell membranes, synthesized into sex hormones (testosterone and estrogen), converted into Vitamin D, production of CoQ10, transport of fat soluble vitamins, fetal growth and development, synthesis of bile, part of the nerve-protective myelin sheath.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: Six (6) Tablets</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D3 (as Cholecalciferol) (from Lanolin)</td>
<td>360 IU</td>
<td>90%</td>
</tr>
<tr>
<td>Niacin (as Nicinamide)</td>
<td>180 mg</td>
<td>900%</td>
</tr>
<tr>
<td>Vitamin B-6 (as Pyridorine Hydrochloride)</td>
<td>90 mg</td>
<td>4500%</td>
</tr>
<tr>
<td>Magnesium (as Magnesium Amino Acid Chelate)</td>
<td>180 mg</td>
<td>45%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>3.0 g (2970 mg) *</td>
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</tr>
</tbody>
</table>

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

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A Naturopathic Approach to Cardio Concerns

Sugar/Glucose Metabolism Factors™

Supports sugar metabolism and the production of insulin by the pancreas. Provides ingredients for the nourishment and protection of the cardiovascular system, the liver and the pancreas and to help balance acidity in the bloodstream. It also provides support for the thyroid and adrenal glands.

Sugar metabolism

Thiamin and Niacin – help the body metabolize carbohydrates and fats; both needed as catalysts for important energy molecules.

Vanadium – animal studies have shown that vanadyl sulfate can potentiate insulin.

Chromium – An essential trace element necessary for metabolism.

Gymnema – Asian herb used for supporting glucose/sugar metabolism.

Cardiovascular protection

Vitamin C is a cellular antioxidant and this function is protective at the cell membrane level. Insulin also mediates the transport of Vitamin C into cells. Along with niacin, helps chromium to be better absorbed.

Manganese – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

Calcium and Magnesium – both help to neutralize acidity in the body.

Pancreas/insulin

Zinc – helps in the synthesis, storage and secretion of insulin and proper function of pancreatic islets cells.

Nopales – (Opuntia, Prickly pear cactus) contains fiber and pectin, a soluble fiber; may help to decrease absorption of sugar in the body.

Cedar Berry and Blueberry Leaf – Traditionally used for support of the pancreas.

Liver Function Support

Milk Thistle – helps to stimulate liver cells.

Pantothenic Acid – supports the adrenals for good communication with the liver.

Iodine – supports thyroid for all energy processes including the basal metabolic rate (how fast or slow a person’s metabolism operates).

Additional Acidity – sugar can over-acidify the tissues.

Glutamine – the main small intestine gluconeogenic (glucose producing) substrate is glutamine; provides glucose for the nourishment of the small intestinal cells and also for the cells of the kidneys. May help eliminate craving for sugar.

Goldenseal – blood sugar metabolism.

Ginger – “packager” of herbal ingredients for better delivery.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: Six (6) Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>---------------------</td>
</tr>
<tr>
<td>Vitamin C (as Magnesium Ascorbate)</td>
</tr>
<tr>
<td>Thiamin (as Thiamin Hydrochloride)</td>
</tr>
<tr>
<td>Niacin (as Niacinamide and 20% Nicotinic Acid)</td>
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<tr>
<td>Pantothenic Acid (as d-Calcium Pantothenate)</td>
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<tr>
<td>Iodine (from Kelp)</td>
</tr>
<tr>
<td>Magnesium (as Amino Acid Chelate and Ascorbate)</td>
</tr>
<tr>
<td>Zinc (as Zinc Monomethionine**)</td>
</tr>
<tr>
<td>Manganese (as Manganese Amino Acid Chelate)</td>
</tr>
<tr>
<td>Chromium (as Chromium Polynicotinate**)</td>
</tr>
</tbody>
</table>

Proprietary Blend 3.2 g (3200 mg) *

*Daily Value not established.

OTHER INGREDIENTS: Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

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Fat Metabolism Factors™
Ideal for weight management

**Nutrients for metabolism of fats**
Choline and inositol (lipotropics) – help the body to burn fat.

Lecithin (from Sunflower Oil) – emulsifies fat; binds to fat for elimination.

Vitamin B-6 supports metabolism, digestion, and the release of stored energy through the conversion of glycogen to glucose in the liver.

**Energy support**
Iodine, Sea Wrack and Chromium - iodine for the thyroid to ensure metabolism. Sea wrack (a seaweed) a source of iodine and chromium for carbohydrate metabolism.

Guggul Gum has antioxidant properties; traditionally used to enhance metabolism through support of the thyroid gland.

**Detoxification support**
Methionine – precursor to cysteine; helps to metabolize fat in the liver; helps with detoxification of heavy metals.

**Appetite support**
Phenylalanine – An amino acid that stimulates CCK (cholecystokinin) which tells the brain that hunger is satiated.

**Water Balance**
Vitamin B-6, Potassium both help body maintain proper fluid balance.

### Water Balance Factors™
An additional component for weight maintenance plans, this formula is a combination of nutrients that supports proper weight by helping to balance fluid levels in the body. The formula provides nutrients in meaningful amounts that also address the kidneys, which are responsible for maintaining fluid levels. As our filters, the kidneys must be functioning properly for fluids and toxins to be properly removed from the body.

**For fluid balance:**
Corn Silk, Buchu Leaf, Uva Ursi – herbs traditionally used for their mild water balancing properties.

Potassium – for a better balance with sodium.

**For kidney support:**
Hydrangea, Parsley, Uva Ursi – cleansing of the urinary tract.

Watermelon seeds – a traditional fluid balancing food.

Elder Flower – detoxification and blood purification.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: Three (3) Tablets</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Vitamin B-6 (as Pyridoxine Hydrochloride)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Potassium (as Potassium Chelate)</td>
<td>210 mg</td>
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<tr>
<td>Proprietary Blend</td>
<td>2.7 g (2700 mg) *</td>
</tr>
<tr>
<td>Corn Silk (Zea mays), Buchu Leaf (Barosma betulina), Elder Flower (Sambuccua canadenis nigra), Hydrangea Root (Hydrangea arborescens), Uva Ursi Leaf (Actostaphylos uva ursi), Parsley Leaf (Petroselinum sativum) and Watermelon Seed (Citrullus vulgaris)</td>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

* Daily Value not established.

OTHER INGREDIENTS: Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Magnesium Stearate, Modified Cellulose Gum, Silicon Dioxide and Natural Glaze.

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