

We can help you answer these questions and develop a plan specifically for you.

- ♥ What is your family history?
- ♥ What is the current condition of your heart?
- ♥ Which of your lifestyle factors and physical attributes contribute to your risk?



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*Should you worry
about the health
of your heart?*



Take Action! Support the Health of Your Heart

To keep your heart functioning optimally, you and your family should:

- ♥ Eat a healthy diet consisting of lean meats, fruits and vegetables, and whole grains
- ♥ Exercise for at least 30 minutes a day
- ♥ Maintain a healthy weight
- ♥ Avoid smoking
- ♥ Manage stress
- ♥ Get your blood pressure and cholesterol checked regularly by a health care professional
- ♥ Talk with your health care professional about your concerns and the nutrients that support a healthy heart*

Whole Food Nutrients That Your Heart Needs

Certain nutrients supplied in a whole food state provide nutritional support to your heart. Because these nutrients are found in whole food, they are easily absorbed and utilized by your body. Additionally, they are provided in a form that nature intended—in combination with other nutrients and in natural amounts, rather than in large doses. Here are just a few nutrients that may be essential to the health of your heart. We can help you determine the specific nutrients that your heart needs.

Naturally-Occurring Coenzyme Q10

Coenzyme Q10, found naturally in muscle meat, is a vitamin-like substance that is well established in scientific literature as an important nutrient in maintaining healthy cardiovascular function.*

EPA and DHA

EPA and DHA, two important omega-3 fatty acids found in tuna and salmon, support coronary arteries, blood lipids, and vascular function. Additionally, they help support healthy circulation and help maintain regular heart rhythm.*

Folic Acid and Choline

Folic acid and choline help maintain normal homocysteine levels. Healthy homocysteine levels have been correlated with maintaining healthy blood vessel diameter.*

Whole Food Vitamins B, C, and E

Vitamins from food sources contain a full spectrum of nutrients that are essential to maintaining a strong heart.

- ♥ Vitamin B is essential to help you maintain a strong heart.
- ♥ Vitamin C helps support the circulatory system by the formation of healthy blood cells.
- ♥ The vitamin E complex is known for its ability to reduce oxygen consumption of heart and skeletal muscles. It may also increase the oxygen-carrying capacity of the blood.*

Lecithin

Lecithin helps maintain normal cholesterol levels in individuals who have healthy levels.*

Talk with us today to design a program that will address your specific nutritional needs.

With something as serious as the health of your heart, it is important to take nutritional products that you can rely on. At our office, we recommend Standard Process supplements, a high-quality brand with more than 75 years of experience. Among their 160+ nutritional supplements, they offer a complete group of heart support products, allowing us to tailor a program especially for you.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

