



**SIMPLY FORMULATED
TO DELIVER MORE.**

CARDIO BENEFITS™

MADE WITH
**NON
GMO**
INGREDIENTS

Cardio Benefits™ is a dietary supplement to support cardio health, normal homocysteine levels and vessel health.*

This formula provides a comprehensive cardiovascular strategy by providing nutrients to support healthy cardiac tissue, vascular integrity, and homocysteine levels, while also providing nutrient replenishment*.

Three Aspects of Cardiovascular Health

Three main factors should be considered when choosing how to supplement for cardiovascular support: homocysteine, blood pressure and cholesterol.

Certain, foundational nutrients are necessary for optimal cardiac and vessel function. **Coenzyme Q10, magnesium and B12** are considered highly beneficial for normal heart health.* Each of these nutrients have their own important supportive functions.*

First, **CoQ10** is highest in concentration in organs that demand energy, such as the heart muscle, because it participates in the generation of ATP.* There is strong scientific evidence that a deficiency of CoQ10, which is made naturally in the body, can cause symptoms such as heart failure, high blood pressure and chest pain ("Coenzyme Q10 evidence - Mayo Clinic," 2015). Write Mortensen et. al, "Although HMG-CoA reductase inhibitors are safe and effective within a limited time horizon, continued vigilance of a possible adverse consequence from coenzyme Q10 lowering seems important during long-term therapy" (Mortensen, Leth, Agner, & Rohde, 1997).*

Magnesium helps to maintain proper smooth muscle function in the blood vessels.* Magnesium supplementation has even been found to have a modest effect on heart health in males (Mathers & Beckstrand, 2009).* Clinical results have shown that higher intake of dietary magnesium supports normal blood pressure in women, and that increased magnesium intake may improve serum lipid profiles (Champagne, 2008), ("Magnesium I University of Maryland Medical Center," 2015).* Magnesium can also support cellular homeostasis through supporting the proper shuttling of nutrients into and out of cells.*

B12 is essential for heart health because it functions as a cofactor for methionine synthase, which catalyzes the homocysteine-to-methionine conversion ("Dietary supplement fact sheet: vitamin B12 — health professional fact sheet," 2011).* When B12 is insufficient, homocysteine levels can rise due to inadequate methionine synthase function (Clarke et. al, 2014).*

Other nutrients that support comprehensive cardiovascular system health include:

Choline, TMG (Betaine), B6 (pyridoxyl-5-phosphate) and Methyl-B12 In concert with active folate, TMG, B6, B2 or choline can support healthy homocysteine levels.*

L-Carnitine

Essential to breaking down lipids into energy in the mitochondria.* The carnitine palmitoyl transferase system of the inner mitochondrial membrane is responsible for transport of long chain fatty acids into the mitochondria.*

Suggested Use: As a dietary supplement, take 3 capsules daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol) 25 mcg (1,000 IU)	125%
Vitamin K2 (as MenaQ7®) 150 mcg	125%
Vitamin B6 (as Pyridoxal 5-Phosphate) 30 mg	1,765%
Folate (as L-Methyltetrahydrofolate Calcium) 800 mcg DFE	200%
Vitamin B12 (as MecobalActive™) 1,000 mcg	41,667%
Magnesium (as Mg Citrate) 150 mg	36%
L-Carnitine 500 mg	*
Trimethylglycine (Betaine Anhydrous) 500 mg	*
Coenzyme Q10 200 mg	*

*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Warning: Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications.

Caution: Discontinue use 2 weeks prior to surgery.



MenaQ7® is a trademark of NattoPharma, Norway; Patented in the United States and Canada. US Patent Number: 8,354,129; Canada Patent Number: 2,347,387.



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VEGETARIAN / GLUTEN FREE / SOY FREE

*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.

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