

## Cardio Essentials

Vital nutrients to counter the age-related changes associated with congestive heart failure, high blood pressure and other cardiomyopathies.

Contains Coenzyme Q10, Hawthorn and Quercetin, which are natural agents that can help reduce high blood pressure, and reverse age-related changes to the heart associated with congestive heart failure and related vascular diseases. As this product supports brain, cardiovascular and immune function it is an important preventive/antiaging supplement for individuals over 50. As we age the body's production of coenzyme Q10 declines.

Coenzyme Q10 is a vital nutrient involved in energy production at the cellular level. Supplementing with coenzyme Q10 and hawthorn have been shown to boost energy production at a cellular level, helping to reverse and prevent a number of vascular, neurological, and immune-related conditions. Due to the fact that our bodies make significantly less CoQ10 by age 50, this supplement becomes a very important anti-aging/disease prevention intervention, for those over the age of 45.

Coenzyme Q10 and hawthorn are classified as inotropic agents, as they boost the capacity for cells to convert food into energy (ATP) within the mitochondria. More cellular energy, translates into a stronger heart muscle, better cognitive response and more efficient immune cell function. With respect to vascular health, quercetin is a flavonoid that acts as an anti-inflammatory and an antioxidant. Higher intake and blood levels of quercetin are associated with a lower risk of cardiovascular mortality in a number of prospective studies (e.g. *Zutphen Elderly study*).



### Clinical Applications:

- All patients entering the 45-50 age range, to help prevent future onset of congestive heart failure and high blood pressure
- Patients taking a Statin drug to lower cholesterol (e.g. Lipitor), which depletes coenzyme Q10
- High Blood Pressure
- Adjunctive nutritional management of congestive heart failure (do not take concurrently with digitalis or digoxin)

### Active Ingredients

Co-enzyme Q10	60 mg
Hawthorn Flower Extract (std. 5% Vitexin Flavanoids)	75 mg
Quercetin	100 mg

Amounts for 3 capsules, 90 per bottle

### Contraindications & Considerations

Conditions:	Medication/Apparatus:
- Pregnancy	- ACE inhibitor (High blood pressure medication) <sup>2</sup>
- Breast Feeding or Lactation	- Digitalis <sup>1</sup>
- Kidney Failure (Renal Failure) <sup>1</sup>	- Pacemaker <sup>1</sup>
- Received a transplant of any kind <sup>1</sup>	- Anti-arrhythmia drugs <sup>1</sup>
- If kidney has been removed <sup>1</sup>	
- Kidney clearance problem (e.g., a dialysis patient) <sup>1</sup>	

<sup>1</sup>Requires approval from specialist/physician

<sup>2</sup>ACE Inhibitor: Do not exceed 4 capsules per day