

Patient Fact Sheets

Total Heart™ for a Healthy Heart

by

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Heart disease is the number one cause of death in the United States. Americans suffer more than 1.5 million heart attacks each year, and more than 1/3 die on their first attack. For half of the victims, the attack is their first warning signal that the heart is in trouble.

Heart disease is believed to be one of the most preventable of chronic conditions. Stresses from many sources, including homocysteine, oral contraceptives, infections, chlorine and fluoride, pesticides, processed foods, smoking, and free radicals all contribute to factors that oxidize cholesterol. Oxidized LDL cholesterol is now believed to be the major issue in heart disease.

Typical symptoms of inadequate heart function are tingling or numbness of the arms and legs, pain in the chest, labored, difficult breathing, swelling of arms and legs, and general fatigue. Low sex drive, apathy, depression, high blood pressure, and low back pain can be other signs.

Total Heart™ was designed to be a synergistic blend of all nutrients known to improve circulation and help prevent heart disease:

Vitamin C helps reverse arteriosclerosis in humans. It is essential to maintain and repair the integrity of arteries and may help prevent the oxidation of cholesterol by protecting against free radicals.

Vitamin E: People with low levels of vitamin E have shown greater risk from heart disease than those with high cholesterol levels and high blood pressure. Supplements help reduce blood stickiness, prevent blood clots, and help repair the lining of blood vessel cells.

Magnesium helps dilate arteries and ease the heart's pumping of blood, which may help prevent irregular heartbeats. It helps prevent blood stickiness and calcium deposits in blood vessels.

Selenium helps reduce blood stickiness and prevent free-radical damage.

Potassium deficiency has been associated with irregular heartbeats, EKG abnormalities, and decreased tolerance to heart medications.

Hawthorne Berry extract helps increase blood flow to the heart by dilating blood vessels, increasing the strength of heart contractions, and relieving spasms of arterial walls.

Heart tissue supplies whole nutritional support to strengthen the heart, including co-enzyme Q-10.

Spleen supplies nutritional support to enhance the spleen's role in immune functions.

Co-Enzyme Q-10 has antioxidant properties protecting against oxidized cholesterol, helps stabilize cellular membranes, and prevent depletion of nutrients necessary for energy. It helps strengthen the heart muscle and the circulatory system.

L-Carnitine helps treat heart disease, abnormal heart rhythm, and pain in the center of the chest. It can support both energy production and circulatory health. It helps combat fatigue and increase stamina by utilizing the body's ability to use fat for energy. Deficiencies can cause symptoms of muscle weakness, severe confusion, and a sense of suffocation.

L-Taurine helps the heart pump and regulate heartbeat. Supplements help those with congestive heart failure and prevent digitalis-caused abnormal heart rhythm.

L-Arginine helps dilate blood vessels and increase the flow of oxygen to the heart.

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

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