

TOTAL HEART II

Ingredients: Each tablet contains: Heart 100mg, Spleen 40mg, Co Enzyme Q-10 2mg, Vitamin C 100mg, Vitamin E (natural succinate) 100 i.u, NN-Dimethylglycine 25mg, Folic Acid 50mcg

Supportive Function: Synergistic heart support is boosted with other ingredients, including the electron-carrier nutrient Co-enzyme Q-10, a vitamin-like molecule best known for its supporting actions on energy, circulation, and the heart. Supports heart health, and the health of the vessels.

When is Total Heart II helpful? Support for heart health and all cardiovascular functions; such as blood pressure, workload capacity, etc.

Clinical Applications/Research: Vitamin C has been shown to reverse arteriosclerosis in humans (Rath & Pauling, *Proceed of N Academy of Sci of the USA*, Aug 1990; 87 (16): 125-134). Vitamin C is essential to maintain and repair the integrity of arteries, may help prevent the oxidation of cholesterol by protecting against free radicals, and has been shown to boost the immune system (Cameron & Pauling, 1982; Cordoba, 1982; Leibovitz & Steigal, 1978; Pauling, 1970).

Vitamin E: In European population studies, those with low serum levels of vitamin E were shown to be at greater risk from heart disease than those with high cholesterol levels and high blood pressure (Gey et al, "Inverse Correlation between Plasma Vitamin E and Mortality from Ischemic Heart Disease in cross-cultural Epidemiology," *Am J of Clin Nutri* Jan 1991; 53 (1): 326S-334S). Vitamin E supplements may inhibit platelet formation, prevent blood clots, and help repair the lining of blood vessel cells (Hennig et al, "Protective Effects of Vitamin E in Age-Related Epithelial Cell Injury," *International J of Vitamin & Nutri Research* 1989; (59): 273-279). In one Harvard Medical School Study of 87,245 female nurses, those who took 100 i.u. of vitamin E for more than 2 years had a 46% lower risk of developing heart disease (Stampfer et al, "Vitamin E and Heart Disease Incidence in the Nurses Study," Am Heart Assoc Annual Meeting, Nov 18, 1992). Another Harvard study of 39,910 male health professionals, who took 100 i.u. of vitamin E for an undisclosed period of time, had a 37% lower risk of heart disease (Rimm et al, "Vitamin E and Heart Disease Incidence in the Health Professionals Study," Am Heart Assoc Annual Meeting, Ibid.). As a natural antioxidant, supplementation may also protect against the cardiotoxic effects of alcohol and cardiomyopathy caused by magnesium deficiency.

Heart: heart tissue supplies whole nutritional support to strengthen the heart, including co-enzyme Q-10. Co-enzyme Q-10 concentration in heart and heart tissue is 10 greater than in brain or colon tissue.

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

Co-Enzyme Q-10 has been shown to have antioxidant properties protecting against oxidized cholesterol. It has been demonstrated to scavenge free-radicals produced by lipid peroxidation, stabilize cellular membranes, and prevent depletion of metabolites necessary for resynthesis of ATP in mitochondria (Beyer, 1985). It helps strengthen the heart muscle and the cardiovascular system in many heart patients. (Dolkers et al, 1985). Co-enzyme Q-10 may protect against atherosclerosis (Hanaki et al, *New Eng J of Med* Sept 1991; 325 (11): 814-5).

Dimethylglycine (betaine in red beets) and **Folic Acid** reduce homocysteine, which can be toxic to the cardiovascular system. Dimethylglycine is a methylator for important biological functions, including synthesis of brain neurotransmitters.

Testimonials/Nutrient Tidbits: Tidbit: For those who may be sensitive to Hawthorne berries, Total Heart II does not contain that herb. The dimethylglycine and folic acid in Total Heart II will additionally support the homocysteine pathway.

Suggested Dosage: 1 tablet 3 times daily or as directed

Size: 90 Tablets

Vegetarian: No

Contraindications: None Known.