



Cardio-Assurance

Herbs and Nutrients to Keep Your Heart Going Strong

Just as its name implies, Cardio-Assurance was designed to help support the health of the heart. The herbs and nutrients it contains help to strengthen and regulate the heartbeat, while increasing peripheral circulation. The formula provides many cardiac benefits: promoting a regular heartbeat, improving heart function and strength, protecting the heart from free radical damage, and improving arterial elasticity.

Cardio-Assurance also helps the body manufacture red blood cells and has benefits for the brain and nervous system. It is an excellent supplement for helping to reduce a person's risk of cardiovascular disease. Anyone with a family history of heart disease may want to consider taking Cardio-Assurance on a regular basis. Here are the specific ingredients in this blend and the benefits they offer.

Hawthorn Berries

Studies around the world have confirmed that hawthorn berries improve the tone of the cardiac muscle, improve oxygen uptake by the heart, improve circulation in the heart, energize the heart cells and dilate blood vessels in the extremities to reduce strain on the heart. Thus, hawthorn berries are an excellent herbal food for building the heart muscle and helping to prevent cardiovascular disease. It has a slow, but cumulative effect, so it needs to be taken regularly over a period of several months before the benefits may start to be seen.

Red Clover Extract

Red clover is a traditional blood purifier, an herb used to help remove toxins from the blood and lymph. It contains coumarins, a natural blood thinning agent that helps blood flow more freely through the veins. It also has antioxidant and lipid-reducing properties and may help with blood pressure control.

Ginkgo Concentrate

Most research has been done on concentrated extract of ginkgo in Europe. This research demonstrates that ginkgo improves blood flow to the brain and improves peripheral circulation. It stimulates the production of prostacyclins, which may help prevent heart attacks. It has been used for conditions like Alzheimer's disease, loss of memory, dizziness, ringing in the ears, and macular degeneration. Ginkgo helps counter some of the effects of aging, and along with hawthorn, is an excellent herb for preventing cardiovascular disease.

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Capsicum

Hot peppers, like capsicum (also known as cayenne), have a stimulating effect on blood circulation without causing an increase in heart rate. Capsicum equalizes blood circulation throughout the body, improving circulation to both the extremities and the internal organs.

Folic Acid

Folic acid is needed for the formation of red blood cells. It helps overcome anemia, fatigue and weakness.

Vitamin B₆

Also known as pyridoxine, B₆ is involved in numerous body functions. It promotes red blood cell formation and inhibits the formation of a toxic chemical called homocysteine, which causes cholesterol to deposit around the heart, increasing the risk of heart disease.

Vitamin B₁₂

Without vitamin B₁₂, the body cannot utilize iron to make red blood cells. This vitamin is also needed for the proper metabolism of fats and carbohydrates.

Choline bitartrate

Choline is needed to produce acetylcholine, a neurotransmitter that controls the heartbeat. It also aids in fat and cholesterol metabolism.

Taurine

Found in high concentrations in the heart muscle, taurine helps control cholesterol levels and prevent atherosclerosis and heart disorders. It also helps lower high blood pressure.

Use and Dosage Information

Take 1 capsule with a meal three times a day.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Therapeutic Herb Manual by Ed Smith
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine

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