

Blood Pressure and Cholesterol Cheat Sheet

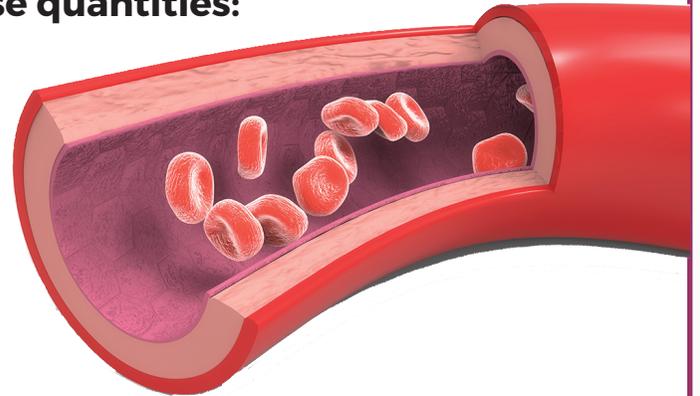
There are many different causes for heart disease, This cheat sheet will help you to focus on the top 10 questions you should ask yourself when choosing a natural product to lower blood pressure and cholesterol. It will also help you identify which ingredients really work and what quantities we recommend. And which popular natural ingredients you should avoid and why.

1

Does the product dilate (widen) your arteries and increase circulation?

Look for these ingredients at these quantities:

Arginine - 6000mg
Coenzyme Q-10 - 100mg
Pomegranate - 200mg
L-Citrulline - 100mg
Magnesium - 400mg
Vitamin B3 (Niacin) - 65mg
Vitamin C - 1000mg
Vitamin D-3 - 2000 IU

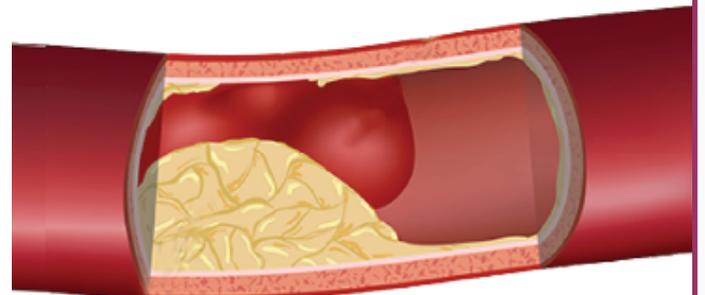


2

Does the product help control arterial blood clots?

Look for these ingredients at these quantities:

Flax Seed (Omega 3's) - 100mg
Inositol - 135mg
Vitamin E - 200 IU
Pomegranate - 200mg
Vitamin C - 1000mg
Daily Exercise



3

Do the ingredients dissolve the plaque that is already in your arteries?

Look for these ingredients at these quantities:

Policosnaol - 20mg

L-Proline - 300mg

L-Taurine - 35mg

Chromium - 300mcg

Arginine - 6000mg

Inositol - 135mg



4

Is the product loaded with high levels of various antioxidants that help stop new plaque from forming?

Look for these ingredients at these quantities:

Grape Seed Extract - 35mg

Selenium- 25mcg

Pomegranate - 200mg

Alpha Lipoic Acid - 50mg

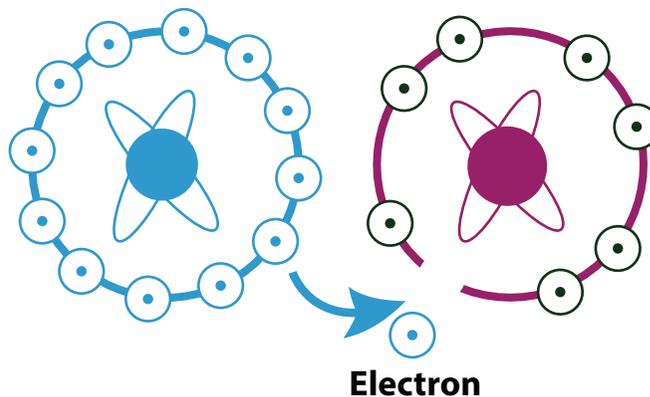
Vitamin B2 - 15mg

Vitamin C - 1000mg

Vitamin E - 200IU

Copper - 330mcg

Manganese - 330mcg

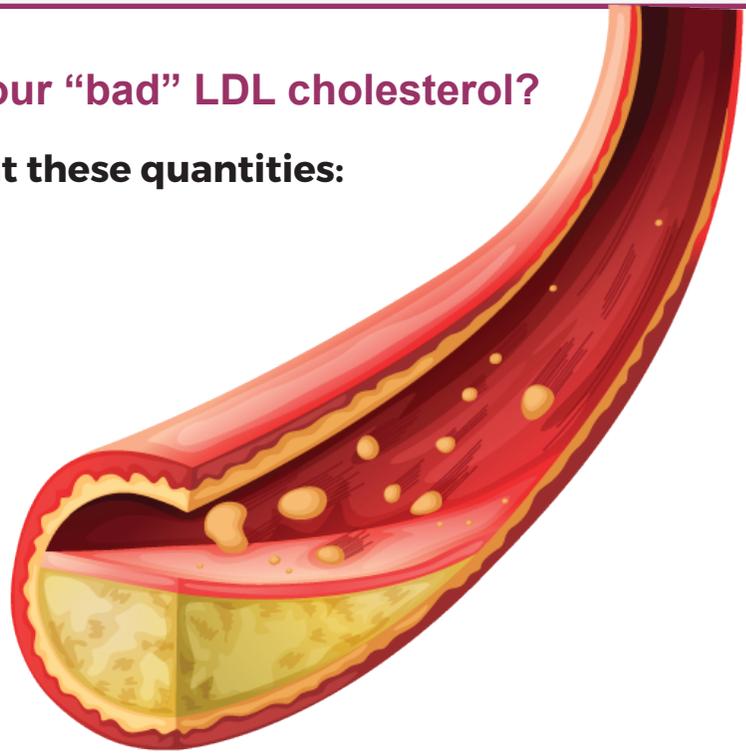


5

Does the product lower your “bad” LDL cholesterol?

Look for these ingredients at these quantities:

- Policosanol - 20mg
- Arginine - 6000mg
- Pomegranate - 200mg
- Flax Seed - 100mg
- L-Proline - 300mg
- L-Taurine - 35mg
- Inositol - 135mg
- Niacin - 60mg
- Vitamin B5-55mg
- Vitamin C - 1000mg
- Selenium - 25mcg
- Chromium - 300mcg
- Trimethylglycine- 500mg
- Grape Seed Extract - 35mg

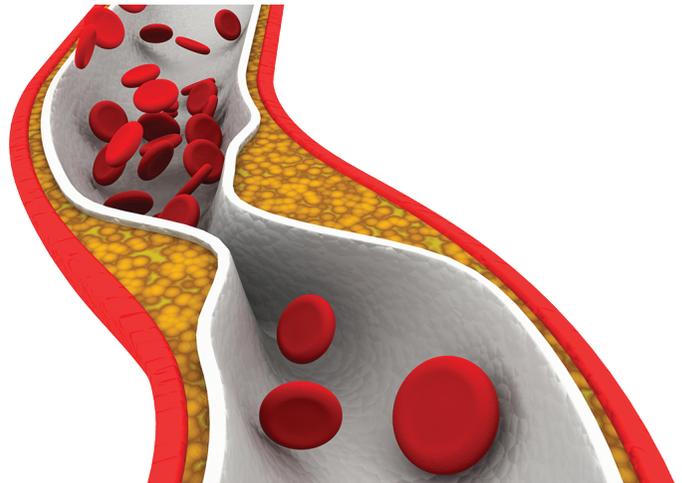


6

Do the ingredients make your arteries flexible?

Look for these ingredients at these quantities:

- Niacin - 60mg
- Vitamin C - 1000mg
- Vitamin D - 2000IU
- Vitamin E- 200IU
- Magnesium - 400mg
- Pomegranate - 200mg
- Arginine - 6000mg



7 Do the ingredients lower your triglycerides?

Look for these ingredients at these quantities:

Flax Seed - 100mg

Niacin - 60mg

Alpha Lipoic Acid - 50mg

L-Carnitine- 200mg

Omega 3's - (Quantity Depends on the source. We recommend Vectomega.)



8 Do the ingredients reduce your homocysteine levels?

Look for these ingredients at these quantities:

Trimethylglycine - 500mg

Vitamin B6 - 50mg

Vitamin B12 - 50mcg

L-Taurine - 35mg

magnesium - 400mg

Zinc - 5mg

Folate - Get From food sources

High Homocysteine Causes



Heart
Attack



Stroke



Depression



Alzheimer's

9 Is the product made in a CGMP facility?

CGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). CGMPs provide for systems that assure proper design, monitoring, and control of manufacturing processes and facilities. If the product is not CGMP certified, you never know what you are actually getting.

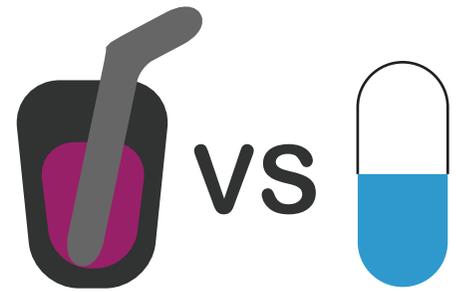


Certified High Quality

10

Is the product a liquid or a pill?

Your body absorbs liquid vitamins better than pills. In fact, your body absorbs approximately 98 percent of the vitamins and minerals contained in liquid form versus only 20 percent from a pill.



Which Popular Natural Products To Avoid And Why



Hawthorn - Many people with high blood pressure or high cholesterol are on medications. If you are on the medications below, you will need to adjust the amounts of medication you are taking, sometimes drastically.

Unfortunately, most people who go to their doctor to make these adjustments find that their doctors are ignorant about drug/herb interactions and will not know what to do.

The effect of the following classes of drugs may be dangerously increased by hawthorn: antihypertensives; calcium channel blockers (including amlodipine, diltiazem, verapamil); beta blockers (including atenolol, metoprolol, propranolol); ACE inhibitors (including benazepril, enalapril, fosinopril); digitalis drugs and cardiac glycosides (including digitoxin, digoxin); and nitrates (including amyl nitrate, nitroglycerin, sildenafil citrate, isosorbide mononitrate, and dinitrate)

Hawthorn is generally recognized as safe, although such side effects as nausea, sweating, fatigue, and rashes do develop on occasion. The herb can also drastically lower blood pressure and cause such symptoms as dizziness and fainting, even in people who have normal blood pressure and do not suffer from heart disease. Stop taking hawthorn and consult your doctor if any of these reactions occur.



Potassium - We definitely recommend eating potassium rich foods, such as avacado, spinach, yogurt, sweet potato and bananas. We do not recommend that you take a potassium supplement. If you take a medication to control your blood pressure or heart disease or if you have a kidney disorder, never take potassium supplements without medical supervision.

Definitely avoid potassium supplements if you take drugs known as potassium-sparing diuretics, anti-inflammatory drugs (NSAIDs – such as Aspirin, ibuprofen, Aleve, etc.), beta-blockers, or an ACE inhibitor for high blood pressure or Angina.

Because of the risk of various complications, consult your doctor before combining a digitalis drug (cardiac glycoside) with supplemental potassium. The risks of taking potassium in supplement form are many and require a doctor's supervision.



Folic Acid - Why is it best to avoid folic acid and get your folate the natural way instead? Folic acid is a synthetic B vitamin found in supplements and fortified foods (like processed grains or orange juice). Real folate is directly metabolized by the small intestines, but synthetic folic acid requires the assistance of a specific enzyme called “dihydrofolate reductase,” which is usually only present in the body in small amounts.

According to JAMA, It's estimated that about 35 percent of adults and 28 percent of all children in the United States use supplements containing folic acid. Unmetabolized folic acid can remain in the bloodstream and contribute to certain health problems, possibly including cancer.



Red Yeast Rice - Caution: While Red Yeast Rice is very effective, the active ingredient that makes it work is actually lovastatin, which is a generic statin drug for cholesterol. Red yeast rice can be potentially dangerous because there is no way for you to know what level or quality of lovastatin might be in it. Lovastatin can interact with other medications you may take and harm your health. In addition, lovastatin can cause severe muscle problems and liver damage. Always get your liver tested frequently if you do decide to take Red Yeast Rice.



Ginkgo Biloba - While Ginkgo Biloba certainly has memory benefits, those with cardiovascular issues should be aware of these cautions from the National Institutes of Health

Do NOT take these drugs and Ginkgo together without being monitored by your doctor:

Ibuprofen, aspirin, clopidogrel (Plavix), diuretic drugs and blood thinners such as Hydrochlorothiazide, dalteparin (Fragmin), enoxaparin (Lovenox), heparin, indomethacin (Indocin), ticlopidine (Ticlid), warfarin (Coumadin), and others. In addition taking ginkgo with omeprazole (Prilosec) might decrease how well omeprazole (Prilosec) works.

Diabetes: Ginkgo might interfere with the management of diabetes. If you have diabetes, monitor your blood sugar closely.

Seizures: There is a concern that ginkgo might cause seizures. If you have ever had a seizure, don't use ginkgo.



Herbs - While there are some herbs that are beneficial, we typically recommend that people stay away from them. In some instances, natural remedies can be downright dangerous, especially herbal remedies. In a recent report, scientists at Baylor College of Medicine called herbal remedies a "global health hazard," due to their potential to contain carcinogens or other toxic compounds.

Dangerous interactions between herbs and medications appear to be on the rise, largely because doctors are in the dark about their patients' use of supplements. And many doctors are not trained in nutritionals, so they will not know if the herbs will have negative effects with your medications.

As an example, those who take prescription drugs for migraines may want to be especially careful about taking certain herbs at the same time. Researchers at the University of Utah Health Sciences Center reported that ginkgo biloba, ginseng, echinacea, St. John's wort, and large quantities of garlic could interact toxically with triptans and other migraine medications, as well as with tricyclic antidepressants, also used to treat migraines.