

NUTRIENTS FOR HEART HEALTH

- DIET:** Should include lots of fresh fruits and vegetables. Garlic and onions help lower BP. Avoid excess salt, sugar, fats, caffeine and alcohol.
- B6, B12, FOLIC ACID:** Prevents buildup of homocysteine that can lead to heart attack
- L-ARGININE:** Amino acids Arginine, Citrulline and Taurine, are important for healthy levels of nitric oxide to relax and repair blood vessel endothelium, which regulates blood pressure and cholesterol plaque build-up.
- COENZYME Q 10:** Coenzyme Q 10 protects the heart, increases efficiency of tissue oxygen delivery and improves circulation. It also reduces gingivitis, a newly recognized risk factor in heart disease.
- CALCIUM MAGNESIUM MINERAL COMPLEX:** Important for regulating heart rhythm and blood pressure. Also include selenium, shown to reduce heart attack risk.
- MAG C** 1 –2 twice daily. Contains potassium and magnesium, both important for heart rhythm regularity. Vitamin C is important to keep heart valves healthy, and also important to dental health, where it reduces the risk of low grade infections which cause inflammation that promotes clotting problems, leading to stroke and heart attack, two important complications of hypertension.
- NATTOKINASE:** Fermented soy product reduces fibrinogen levels which helps to lower the risk of blood clots
- BONITOPEPTIDES:** Effective natural compound from fish helps control blood pressure
- OMEGA 3 FISH OIL:** Helps reduce risk of sudden death heart attacks caused by HS-CRP levels(i.e. inflammation) to lower the risk of blood clots

BERKELEY HEARTLAB :

ADVANCED CARDIOVASCULAR RISK ASSESSMENT PROFILE

**COMPREHENSIVE CHOLESTEROL VASCULAR ASSESSMENT PANEL
(Total cholesterol with LDL and HDL subtypes, triglycerides and apolipoproteins)**

HS-CRP

LIPOPROTEIN A

FIBRINOGEN

INSULIN

BLOOD GLUCOSE

HOMOCYSTEINE

CREATININE

CARDIOVASCULAR RISK FACTORS

AGE

GENDER

FAMILY HISTORY OF CARDIOVASCULAR DISEASE

DIABETES AND INSULIN RESISTANCE OR METABOLIC SYNDROME

HYPERTENSION

SMOKING HISTORY

OBESITY

HIGH CHOLESTEROL LEVELS

HIGH HOMOCYSTEINE LEVELS