

## **Dr. Rashidi Nutritional Support Recommendations I**

### **HEALTHY HEART**

- WELLNESS PACK:** Green Magic, Meal in a Glass, New Life 1000, Megapro, Nutricleanse, Enzymes, Vitabalance 2000
- CARDIOCARE PACK I:** Vasuflex with L-arginine to increase NO nitric oxide to reduce the biological age of vascular system, MegaPro PLUS with powerful antioxidants to slow aging, New Life omega-3 with EPA and DHA essential fatty acids and VitaBalance multivitamin and mineral
- CARDIOCARE PACK II:** Restore for cardiac and muscle energy recovery, BioAvail CoQ10 essential for heart energy, CardioPlex essential heart nutrients formula, and SignalCell AM to assist in delivery of fuel to heart cells and provide antioxidant, antiaging protection
- GLUCOTRIM-48:** Reduces risk of heart disease associated with imbalances in blood sugar metabolism, especially important if weight gain at waistline
- MAGNUM C** Also important for the heart rhythm (magnesium and potassium are both very important to avoid dangerous heart rhythm irregularity). Vitamin C helps keep heart valves healthy, is an important antioxidant and also important to dental health, and to reduce the risk of low grade infections causing inflammation in the vascular systems, and to help maintain and repair vascular injury.
- ALPHAPURE:** Alpha Lipoic acid, most powerful antioxidant & blood cleanser, recycles key heart protective antioxidants Vitamin E and C, helps blood sugar balance, especially helpful in diabetics
- CARDIOPLEX:** Cardioprotection, prevents buildup of homocysteine that can lead to heart attack, promotes oral health, Hawthorne strengthens heart muscle and helps control blood pressure.
- BIOAVAIL:** Coenzyme Q 10 protects the heart, increases efficiency of oxygen delivery and improves circulation . It also

reduces gingivitis, a newly recognized risk factor in heart disease.

**SYTRINOL:**

Tocotrienols to support healthy LDL cholesterol and triglycerides

**CHOLESS:**

Tea with red rice yeast extract that helps lower blood pressure, decrease cholesterol and raise HDL levels

**LONGEVITY:**

Green tea is a great antioxidant to protect heart, and it benefits oral health, thereby reducing inflammation induced clotting effects. It is also a great substitute for coffee, which has negative effects on cardiac health.

**LIVER ENHANCER:**

cleansing & detoxification of liver reduces toxic effects of stress, lowers cholesterol, especially LDL; & helps lower blood pressure.

**VITAMIN E:**

Important antioxidant, also thins the blood and reduces clotting.

**NIACIN / B3:**

Lowers cholesterol, raises HDL, and promotes good circulation. Start low, build tolerance gradually to avoid niacin flush.

**CALCIUM**

Important for regulating heart rhythm and blood pressure(Ca +Mg)

**COMPLEX:**

The selenium is also known to protect against heart attack.

**VITATRIM:**

(gymnema, chromium, carnitine) helps with glucose regulation, reduces sugar craving, GTF improves glucose tolerance, helps with weight loss, aids in release and utilization of insulin (increased insulin levels can raise blood pressure). L-carnitine helps in breakdown of fats, preserves muscle (including heart muscle). Chromium helps raise HDL cholesterol, and promotes weight loss without the dangerous effects on the heart such as are seen with ma huang and ephedra containing products.

**ORAC:**

Powerful antioxidant protection, and blood cleansing effects.