Take Heart II
Without Hormones

Comprehensive Cardiovascular Nutrition

Item no. 73710 (300 grams)
Item no. 73840 (900 grams)

The Possible Benefits of Take Heart II, a Dietary Supplement

- Enhances homocysteine metabolism, helping to control a major cardiovascular risk factor
- Supports regulation of serum viscosity
- Supplies a wide range and quantity of antioxidants, protecting vascular tissue and function
- Nutritionally supports adenosine triphosphate (ATP) production

Description

Take Heart II is a powdered, comprehensive cardiovascular support formula, easy to take, digest and assimilate. (We no longer offer original Take Heart, with DHEA and pregnenolone.) Take Heart II is synergistically unique, providing nutrients that have been shown to support optimal cardiovascular function. Our food supply nowadays contains significantly reduced nutrient content, even as our requirement for cardiovascular nutritional support has increased, due to greater environmental toxin exposure and the mental and emotional stress inherent in modern life. Take Heart II includes all essential nutrients needed for general nutritional support, and a generous supply of specialty agents specifically implicated in cardiovascular wellness. For instance, adenosine triphosphate (ATP), the energy currency of the cells, is crucial to the steady pumping of the heart and the flow of blood, and requires nutrients such as B-vitamins, chromium, magnesium, L-carnitine and CoQ10. Besides supporting general nutrition and ATP production, Take Heart II provides nutritional support for other cardiovascular specific functions, such as catabolism and homocysteine metabolism, antioxidant function, maintenance of serum viscosity, and vascular function.

Vitamins B6, **B12**, and **folic acid** work together to help control homocysteine levels. Homocysteine, which is formed during the metabolism of methionine, is a risk factor for the cardiovascular system and the development of atherosclerosis (1-9). Other nutrients supplied by Take Heart II that participate in homocysteine regulation are **L-methionine**, **taurine**, **phosphatidylcholine**, and **CoQ10**.

Niacin has been shown to help optimize LDL and HDL cholesterol levels. Among the successful studies showing niacin's support for circulation is the Coronary Drug Project, which suggested that, for people at risk for heart attacks, niacin may reduce the recurrence rate (10-11).

Magnesium provides important support for cardiovascular function, in the areas of control of blood viscosity, relaxation of blood vessel walls, and control of blood pressure. Inadequate magnesium is known to increase the risk of heart disease, and a recent study involving postmenopausal women showed that low magnesium increased the heart rate and the need for oxygen, with decreased cardiovascular function (12-16). It is now known that, compared to healthy people, coronary heart disease sufferers have significantly lower **chromium** levels. Chromium may also help to regulate cholesterol levels (17-18).

CoQ10 protects the cellular mitochondria from free radical damage, and helps produce cellular energy. These two functions make CoQ10 especially important for the cardiovascular system. Studies support CoQ10's ability to help lower high blood pressure, reduce the frequency of angina attacks, strengthen the heart muscle, and increase the quality of life and survivability after congestive heart failure (23-29). **Lecithin** contains **phosphatidylcholine**, which is known to help regulate the levels and make-up of cholesterol (30).

Besides optimizing LDL and HDL cholesterol levels, **L-carnitine** has been shown to possibly benefit those with angina, irregular heartbeat, cardiomyopathy and peripheral vascular conditions (31-35). **Ornithine** is supplied in higher amounts as a safe way to support L-arginine levels, which as a key component in the nitric oxide pathway, plays a role in vasodilation and cardiovascular function (36-55). **Taurine**, the most plentiful amino acid in the heart, is a key to the contraction and pumping of the heart, and studies have shown it supports both heart function and proper blood pressure (56-58).

Bromelain, **papain** and **pancreatin** can help dissolve fibrin, supporting circulation, serum viscosity, and possibly helping to control angina and inflammation associated with blood clots (59-64).

Hawthorn Berry Extract has a long history of use for support of the heart, dating back at least 2000 years. It has been extensively studied and is used in Europe to support many aspects of circulation, including high or low blood pressure, heartbeat, blood flow, and control of artherosclerotic plaque. It contains bioflavonoids that may dilate blood vessels, possibly helping to control angina attacks. In studies comparing hawthorn extract to either ACE-inhibitors or placebos, it showed better ability to improve

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heart function (65-70). **Garlic** has been extensively studied for its support of the cardiovascular system. It is known to optimize the make-up and levels of serum cholesterol, to have antioxidant ability, and to protect the cardiovascular system in multiple ways (71-77).

Flax Seed Oil, **EPA**, and **DHA** supply omega-3 fatty acids, which are known to thin the blood, relax and improve elasticity of blood vessels, and help regulate blood pressure and cholesterol and triglyceride levels (78-89).

The heart and blood vessels are especially susceptible to oxidant attack. The **carotene family** (**alpha**, **beta**, and **lycopene**), **CoQ10**, **Vitamin E** and **tocotrienols**, **zinc** and **chromium**, **grape skin extract**, **glutathione** and **N-acetyl-L-cysteine**, **lutein** and **lipoic acid** are important antioxidants that help protect the circulatory structures and their functions.

Serving Size: 20 g (1 Scoop)
Servings Per Container: 15 (300 g) and 45 (900 g)
Amount Per Serving:

Calories	50	L-Aspartic Acid	85 mg
Calories from Fat	30	L-Carnitine	200 mg
Total Fat	3 g	L-Cystine	10 mg
Saturated Fat	0.4 g	L-Glutamine	600 mg
Cholesterol	8 mg	Glycine	30 mg
Total Carbohydrates	4 g	L-Histidine	20 mg
Dietary Fiber	1.5 g	L-Isoleucine	35 mg
Sugars	1.5 g	L-Leucine	60 mg
Protein	1 g	L-Lysine	45 mg
Vitamin A (as Beta-Carotene)	2000 IU	L-Methionine	160 mg
Vitamin C (as Ascorbic Acid)	500 mg	L-Ornithine	200 mg
Vitamin D3	100 IU	L-Phenylalanine	38 mg
Vitamin E (as D-alpha-Tocopherol)	320 IU	L-Proline	38 mg
Vitamin K	80 mcg	L-Serine	38 mg
Thiamin (Vitamin B1)	30 mg	Taurine	500 mg
Riboflavin (Vitamin B2)	30 mg	L-Threonine	28 mg
Niacin	160 mg	L-Tyrosine	220 mg
Vitamin B6	16 mg	L-Valine	40 mg
Folic Acid	320 mcg	N-Acetyl-L-Cysteine	200 mg
Vitamin B12	80 mcg	Glutathione (reduced)	100 mg
Biotin	240 mcg	Pancreatin	10 mg
Pantothenic Acid	100 mg	Papain	16mg
Calcium (as Calcium Citrate/Gluconate)	280 mg	Bromelain	20 mg
Magnesium (as Magnesium Glycinate/Gluconate)	160 mg	Grape Skin Extract	200 mg
Zinc (as Zinc Arginate)	12 mg	Hawthorne Berry Extract	200 mg
Selenium (as Sodium Selenite/Selenomethione)	80 mcg	Garlic (1% Allicin)	100 mg
Copper (as Copper Glycinate)	0.8 mg	Lutein	2 mg
Manganese (as Manganese Glycinate)	1 mg	Lycopene	0.4 mg
Chromium (as Chromium Picolinate)	160 mcg	Tocotrienols	20 mg
Molybdenum (as Sodium Molybdate)	40 mcg	Trimethylglycine	200 mg
Potassium (as Potassium Gluconate)	40 mg	Methylsulfonylmethane	80 mg
Boron (as Boron Citrate)	0.4 mg	Eicosapentaenoic Acid (EPA)	145 mg
Vanadium (as Vanadium Pentoxide)	80 mcg	Docosahexaenoic Acid (DHA)	95 mg
Alpha-Carotene	8 mg	Gamma–Linolenic Acid	90 mg
Coenzyme Q10	60 mg	Linolenic Acid	220 mg
Inositol	50 mg	Oleic Acid	85 mg
Choline	50 mg	Palmitic Acid	65 mg
Para-Aminobenzoic Acid (PABA)	20 mg	Stearic Acid	25 mg
Lecithin (26% Phosphatidylcholine)	500 mg	Flax Seed Oil	400 mg
L-Alanine	30 mg	Lipoic Acid	30 mg
L-Arginine	480 mg		

Other ingredients: Oat bran, honey powder, rice bran, psyllium bran, apple fiber, lemon flavor, stevia.

Suggested use: As a dietary supplement, 1 to 2 level scoops daily, or as directed by a healthcare practitioner. Take Heart II is best mixed in a jar or shaker with 2 to 3 ounces of juice or other beverage such as soy milk. Drink immediately and follow with several ounces more of liquid.

References available upon request.

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