



# ATHERO

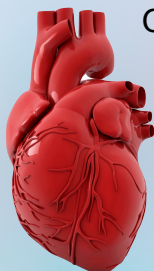
Cardiovascular Support

Phyto Farmacy™

<http://peak.health.com>

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## The Ultimate Heart Health & Protection Formula

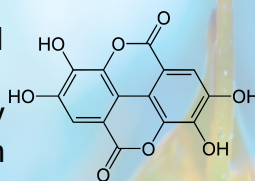


Our heart is our life support system, supplying oxygen-rich blood & nutrients to all the other organs in our body. Beating almost 40 million times per year, it works hard and uses a tremendous amount of energy. Our circulatory system is also delicate and highly susceptible to the impact of arterial inflammation and excess dietary fats. That's why balanced blood pressure, LDL and cholesterol levels are keys to a balanced & healthy life. Athero is an advanced formula containing 9 of the most potent herbs and supplements tested by modern clinical research. It provides comprehensive support & protection for your heart and arteries so you can focus on what you love



### Pomegranate Extract Defense

Pomegranate extract is a rich source of polyphenols with antioxidant properties that are stronger than red wine or green tea. It helps support clean arteries, balanced blood pressure and a healthy inflammatory response.<sup>1</sup> Pomegranate is rich in ellagic acid, which has been demonstrated to reduce artery wall calcification and thickening in mice with high blood



Ellagic Acid



Pomegranate Extract

### Grape Seed Extract to Protect Blood Vessels

Grapes and berries contain proanthocyanidin antioxidants that are responsible for the "dry mouth" sensation you feel when drinking red wine or grape juice. A meta-review of 16 clinical trials concludes that grape seed extract can help with blood pressure control and the benefits are even more pronounced in obese people with insulin resistance.<sup>3</sup> One month of supplementing grape seed extract daily protected the blood vessels of 36 people,<sup>4</sup> and there is abundant evidence it helps lower oxidative stress and inflammation. Grape seed helps block the oxidation of LDL ("bad cholesterol") in blood vessels.<sup>5</sup> Oxidized LDL is dangerous as it can trigger plaque buildup.



Grape Seed Extract

### Green Tea Extract for Cholesterol Support

Polyphenol antioxidants found in green tea have been shown to reduce cholesterol levels,<sup>6</sup> which can support optimal heart health. Green tea extract also supports balanced blood pressure by increasing blood flow throughout the body.<sup>7</sup>

Available in bottles of 30 tablets.  
\$75 MSRP.



## Moringa Leaf for Blood Lipid Balance

In two studies with a total of 80 people, moringa leaves reduced total cholesterol and LDL, while increasing HDL (“good cholesterol”).<sup>8</sup> By keeping blood lipids balanced, moringa may powerfully support cardiovascular health. Moringa leaf also balanced blood pressure and supported a normal rate in animal studies.<sup>9</sup>



heart

## L-Arginine: The Cardio Amino Acid

Nitric oxide is produced by cells in the body to reduce blood pressure and increase blood flow. It also works to expand and relax blood vessels in order to prevent blood clots.<sup>10</sup> L-arginine increases the production of nitric oxide and stops it from being broken down.<sup>11</sup> Supplementation with L-arginine can be useful for blood pressure

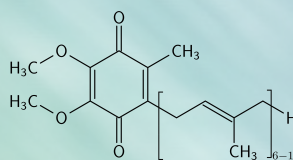
## Indian Barberry for Healthy LDL Support



A small shrub native to the Himalayas, the Indian barberry produces succulent red berries. It has been used for thousands of years in Ayurveda for its anti-inflammatory and blood sugar-balancing properties, containing a potent antioxidant called berberine. According to a review of 11 clinical trials, taking berberine can lower total cholesterol, LDL and triglycerides while raising HDL.<sup>12</sup> It works by inhibiting an enzyme called PCSK9 that leads to more LDL being removed from the bloodstream.<sup>13</sup>

## CoQ10 Energizes the Heart & Protects Arteries

Coenzyme Q10 (“CoQ10”) is a potent antioxidant that supports cardiovascular health and mitochondrial function. The very highest concentrations of CoQ10 in the body are found in the heart,<sup>14</sup> but it is also abundant in other ‘workhorse’ organs like the brain and kidneys. CoQ10 helps to maintain healthy blood vessels by protecting the endothelial ‘artery wall’ cells from oxidation.<sup>15</sup>



Coenzyme Q10

### Active Ingredients:

- Pomegranate extract (containing 40% Ellagic acid) – 250mg
- Grape seed extract (95% polyphenols) – 100mg
- Green tea extract (50% polyphenols) – 100mg
- *Moringa oleifera* (10:1 extract powder containing 2% tannins) – 100mg
- L-Arginine – 100mg
- Indian barberry (*berberis aristata*) powder – 100mg
- Olive leaf extract (standardized equivalent to 12.5% oleuropein) – 75mg
- Coenzyme Q10 – 50mg

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### References

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