Take Heart II

without Hormones

Total Cardiovascular Nutrient Support

Item #73710 (300 grams powder)
Item#73840 (900 grams powder)

The Possible Benefits of Take Heart II, a food supplement

- Provides support for healthy homocysteine metabolism
- Provides antioxidant protection for healthy vascular tissue
- Supports normal adenosine triphosphate (ATP) production

Description

Take Heart II is a powdered, comprehensive nutritional formula for cardiovascular support, easy to take, digest and assimilate. (We no longer offer original Take Heart, which contained DHEA and pregnenolone.) Our food supply nowadays contains significantly reduced nutrient content, even as our requirement for 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 normal 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, and support of serum viscosity within normal levels.

Vitamins B6, **B12**, and **folic acid** work together to help control homocysteine levels, and **L-methionine**, **taurine**, **phosphatidyl-choline**, and **CoQ10** also participate in homocysteine metabolism. Niacin has been studied for its support of circulation, including support for cholesterol within normal levels. **Magnesium** helps relax the muscles of blood vessel walls, and is important for normal heartbeat function and the utilisation of oxygen. Both magnesium and **chromium** support cholesterol within normal levels.

CoQ10 protects the cellular mitochondria from free radical damage and helps produce cellular energy, making it especially important for the cardiovascular system. **Lecithin** contains **phosphatidylcholine**, which is involved with cholesterol metabolism. **Ornithine** is a precursor to L-arginine, which as a component in the nitric oxide pathway plays a role in healthy vasodilation. **L-carnitine** has been studied for support of cardiovascular function and cholesterol metabolism. **Taurine**, the most plentiful amino acid in the heart, is a key to the contraction and pumping of the heart.

Bromelain, **papain** and **pancreatin** are proteolytic enzymes that help manage fibrin, contributing to healthy fibrinolysis function.

Botanical hawthorn berry extract has a long history of use for support of the heart, dating back at least 2000 years, and is currently widely used in Europe to support many aspects of circulation. Both hawthorn and **garlic** have been extensively studied for their support of cardiovascular function.

Flax seed oil, **EPA**, and **DHA** supply omega-3 fatty acids, which are known to optimise the blood, support elasticity of blood vessels, and support blood pressure and blood lipids within normal levels. 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 all antioxidants that help protect the circulatory system from oxidative damage.

Serving Size: 1 scoop (approximately 20 g)
Servings Per Container: 15 (#73710) and 45 (#73840)

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 (as Cholecalciferol)	100	IU	L-Phenylalanine	38	mg
Vitamin E (as D-alpha-Tocopherol)	320	IU	L-Proline	38	mg
Vitamin K1 (as Phytonadione)	80	µg	L-Serine	38	mg
Thiamine (as Thiamine Hydrochloride)	30	mg	Taurine	500	mg
Riboflavin (Vitamin B2)	30	mg	L-Threonine	28	mg
Niacin (as Inositol Hexanicotinate)	160	mg	L-Tyrosine	220	mg
Vitamin B6 (as Pyridoxine Hydrochloride	16	mg	L-Valine	40	mg
Folic Acid	320	µg	N-Acetyl-L-Cysteine	200	mg
Vitamin B12 (as Cyanocobalamin)	80	µg	Glutathione (reduced)	100	mg
Biotin	240	µg	Pancreatin	10	mg
Pantothenic Acid	100	mg	Papain	16	mg
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	µg	Garlic (1% Allicin)	100	mg
Copper (as Copper Glycinate)	800	µg	Lutein	2	mg
Manganese (as Manganese Glycinate)	1	mg	Lycopene	0.4	mg
Chromium (as Chromium Picolinate)	160	µg	Tocotrienols	20	mg
Molybdenum (as Sodium Molybdate)	40	µg	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	µg	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 fibre, stevia, flavouring.

Suggested Use: As a food supplement, 1 level scoop one or two times 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.

Nutri-Link Ltd
Linking Science & Nutrition

Nutri-Link Ltd
24 Milber Trading Estate
Newton Abbot, TQ12 4SG
Phone: 08450 760 402
Fax: 08450 760 403
www.nutri-linkltd.co.uk