

Nutrition House, 24 Milber Trading Estate, Newton Abbot, Devon, TQ12 4SG. UK
Telephone: +44 (0) 8704 054 002 • Fax: +44 (0) 8704 054 003 • www.nutri-linkltd.co.uk

VasculoSirt®

Vascular aging is characterised by progressive arterial stiffness, loss of arterial elasticity and arterial compliance from a myriad of structural and functional changes in the endothelium, vascular media and adventitia. **VasculoSirt®**'s revolutionary nutritional formula is designed to: slow vascular aging, promote vascular and heart health, provide support for healthy blood pressure, cholesterol, glucose and insulin levels within normal ranges, and support sirtuin activity and longevity. Not only is **VasculoSirt®** one of the most comprehensive cardiovascular and anti-aging supplements available, but each bottle of **VasculoSirt®** takes the place of up to 13 separate supplements, providing distinct cost and convenience advantages for your patients. Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of Hypertension Institute and Vascular Biology in Nashville, in conjunction with Biotics Research Corporation developed **VasculoSirt®**, a state of the art nutritional supplement amalgamating the optimal nutrient levels used in a wide variety of clinical studies. In keeping with Biotics Research Corporation's dedication to providing superior leading-edge supplements, each serving of **VasculoSirt®** supplies 50 mg of Resveratrol (Trans-Resveratrol), 50 mg of R-Lipoic Acid, 250 mg of EGCG (Epigallocatechin Gallate), and 50 mg of Coenzyme Q10 (emulsified for increased uptake and utilisation), along with 23 other vitamins and nutrients that have been shown to support a wide variety of cardiovascular processes. **VasculoSirt®** was released for clinical use in August 2007 and is the first nutraceutical supplement designed to promote vascular and heart health, slow vascular aging, improve endothelial function and arterial compliance, support healthy blood pressure levels and possibly normalise atherosclerotic markers. Over the past five plus years, **VasculoSirt®** has been clinically evaluated in well over 1,000 patients at the Hypertension Institute. Dr. Mark Houston has found that when **VasculoSirt®** is used with an optimal program of nutrition, exercise, and weight management, the following improvements in vascular health were typically noted.

VasculoSirt® Because Healthy Aging Requires Healthy Arteries and a Healthy Heart



Research Pertaining to Other Topics of Interest

Is Heart Disease Caused by Saturated Fat? According to Dr. Malhotra, interventional cardiology specialist at Croydon University Hospital in London, the advice to reduce saturated fat in our diet "has paradoxically increased our cardiovascular risk." In the United States, the percentage of calories from fat has declined from 40% to 30%, yet obesity has increased significantly. Dr. Malhotra points out that recent studies have not supported any significant link between saturated fat intake and risk of CVD. In fact, saturated fat was found to be protective. A recent study published in JAMA showed that a low fat diet resulted in the greatest decrease in energy expenditure, unhealthy lipid pattern, and increased insulin resistance compared with a low carbohydrate and low glycemic index diet. Dr. Malhotra points out that a Mediterranean diet after a heart attack is almost three times as powerful in reducing mortality as taking a statin drug.

Observations, BMJ Oct. 2013