



Women's Health Library

## Nutrients to Support Your Heart



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Founder

### Additional Recommended Supplements for Optimal Health...

#### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D or](#)
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on [Our Store](#):

[FreedomFromMenopause.com](#)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Heart conditions are a major concern for millions of people. Many fight heart disease through diet and exercise while others add prescription medications to their struggle. With our heart health category of products, we address the needs of those looking for additional cardiovascular support through dietary supplementation. We offer unique products, each with a different approach to supporting heart health. Some nutrients important for optimal heart health include the following:

### Nutrients to Support Heart Health

**Niacin** is a good approach to supporting healthy cholesterol. The benefits of vitamin B3 for cardio health are well demonstrated, but some people complain of a flushing of the face after taking large doses. Inositol hexanicotinate is a form of niacin that is absorbed slowly by the body, not reaching full serum levels for nearly ten hours after consumption. Inositol hexanicotinate is not timed release niacin, it is a wholly separate type of vitamin B3 designed to provide all of the benefits of traditional niacin without the flush. **Niacin Hex 500mg** is our superior niacin product.

**Vitamin B Complex** Vitamins are the main nutrients supporting healthy levels of homocysteine, a toxic by-product of amino acid metabolism that can build up in the blood and affect heart health. These B vitamins include folic acid, vitamin B6, and vitamin B12. Additionally, B vitamins help nourish and replenish the nutrient stores of organs that are taxed under stress, including the heart. **Supreme Stress B** is our B Complex supplement.

**Essential Fatty Acids** play an important role in maintaining normal triglyceride levels in the blood. 2-3 servings of fatty fish per week is recommended for promoting heart health. Our product line features the following fish oil based formulas as well as vegetarian alternatives:

- **Concentrated Omega-3** - 1200mg fish oil with natural orange flavor
- **Evening Primrose Oil 1300mg**

**Antioxidants** help protect the blood capillaries from oxidative damage. Our antioxidants include:

- **Alpha-Lipoic Acid 300mg**
- **CoQ10 100mg**
- **Quercetin Complex**

**Soy Protein** - Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day have been shown to help reduce the risk of heart disease. We feature:

- **Ultimate Soy-Spirulina Protein Powder®**

Please read about the variety of superior nutritional products we offer to support all aspects of your health and wellness. Your satisfaction is our guarantee.