

FEEL BETTER

Natural Remedies



Cardio Essentials®

First in Line for Heart Health

Many nutritional supplements for the cardiovascular system contain the powerful substance coenzyme Q-10, which scientists have related to improved functioning of the heart. However, although studies demonstrate that coenzyme Q-10 is effective only at daily intakes of 100 mg, most supplements contain only small amounts. But not Unicity Network's Cardio Essentials; our supplement contains a full 100 mg, in addition to efficacious amounts of other nutrients that support heart health, including L-carnitine, L-taurine and hawthorn. Together, these nutrients support healthy heart function, blood flow, and heart rhythm and provide proper nourishment to heart muscle tissue.* This is the formula that is based on the reknowned Numico Research patent and is exclusive to Unicity Network™.

The body has trillions of cells that depend on the heart's healthy function for survival. The heart beats several thousand times each day, month after month, year after year.

When we realize how vital this organ is to human health, it's no surprise that one of the leading causes of death in industrialized societies is heart disease. It's sobering to know that many people who die suddenly from a heart attack displayed no previous symptoms.

Like all body organs, heart health is profoundly affected by our diet. To maximize nutritional benefits to the cardiovascular system, Cardio Essentials (U.S. Patent Pending) contains several ingredients that represent scientific advances in heart health.* Coenzyme Q-10 is a fundamental antioxidant and bioenergetic compound occurring naturally in body cells. Some scientists believe that age causes this nutrient's levels in the body to decrease. Compared to other products on the market, Cardio Essentials contains a significantly higher level of this compound.*

Cardio Essentials also contains:

L-carnitine, an important biological substance found in heart and skeletal muscle, has been shown to diminish in individuals with heart disorders.*

L-taurine is a sulfur-containing amino acid made in the body from cysteine.*

Hawthorn is an herb that has been used in Europe for centuries to support heart health. This supplement provides a standardized extract.*

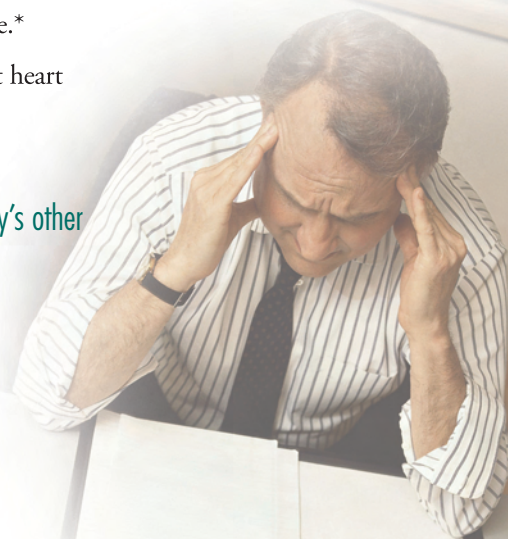
• A heart condition in which the heart can't pump enough blood to the body's other organs may occur because the heart muscle is damaged or overworked.

*-These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



- Helps support healthy heart, blood flow and heart rhythm*
- Helps provide proper nourishment to heart muscle tissue*

With proper nutrients and exercise, blood vessel walls become stronger, more flexible, and more resistant to the cracks and lesions that can cause deposits to form.



Cardio Essentials®

First in Line for Heart Health

Supplement Facts

Serving Size: 6 Capsules
Servings Per: Container 30

Amount Per Serving	% Daily Value
Coenzyme Q10	100 mg
Proprietary Blend	3.5 g
L-carnitine (as tartrate)	†
L-taurine	†
Hawthorn (standardized to 1.8% Vitexin), berry	†

Other Ingredients: Gelatin Capsules, Stearic Acid, Calcium Silicate, and Silicon Dioxide.

References

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Research Brief

The heart beats 60 to 80 times per minute as it circulates blood throughout the body's cardiovascular system. Blood carries oxygen and other nutrients to all body cells, and it picks up wastes and transports them to the lungs or kidneys for elimination. The heart, which is about the size of two fists, has four hollow chambers: the left atrium, the right atrium, the left ventricle and the right ventricle. After blood has traveled throughout the body delivering oxygen and gathering carbon dioxide waste, it flows into the heart's right atrium and moves through a valve into the right ventricle, which pumps it into the lungs for removal of carbon dioxide and recharging with oxygen. The blood then reenters the heart, moving through the left atrium through a valve into the left ventricle, which pumps the blood into the arteries for circulation throughout the body's 60,000 miles of blood vessels. The heart pumps about 2,100 gallons of blood per day, and a natural electrical system maintains its rhythm. Because heart muscles use so much energy, the heart itself needs considerable oxygen and nutrients, which are supplied by the coronary arteries.

Blood vessels are lined with a delicate layer of cells that are sensitive to particles and chemicals found in the bloodstream. With proper nutrients and exercise, blood vessel walls become stronger, more flexible and more resistant to the cracks and lesions that can cause deposits to form. Like other body systems, the heart and vessels that make up the cardiovascular system are profoundly affected by diet and exercise habits. Several nutritional supplements have been found to improve cardiovascular health.*

Frequently Asked Questions

- Q** How does Cardio Essentials compare with other brands in the quantity of nutrients it provides?
- A** CoQ10 has performed well in clinical studies. Many people want to supplement their diets with it, and many companies are attempting to capitalize on that popularity by including CoQ10 in their products. However, most other supplements provide only a few milligrams of CoQ10, while Cardio Essentials contains a full 100 mg in each dosage, which is the level at which CoQ10 has been shown to support heart and cardiovascular health.*
- Q** Is it advisable to take Cardio Basics® with Cardio Essentials?
- A** The two products have different formulations, so it should not cause any problem to take them together. Cardio Basics contains small amounts of amino acids, vitamins and minerals, and Cardio Essentials, a proprietary blend, contains specialty nutrients rich in two amino acids. Cardio Essentials boasts a total of 3.5 grams of L-carnitine, L-taurine and hawthorn.*
- Q** When should I take Cardio Essentials?
- A** With a meal, because the key nutrient, CoQ10, is a fat-soluble nutrient, meaning that it is best digested in company with dietary fats.*
- Q** Do the amino acids come from protein sources?
- A** None of the ingredients come from animal products.

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