

## PRODUCT INFORMATION

# Cardiochron®

*Cardiochron® is an optimal combination of natural ingredients designed to support a healthy cardiovascular system. The chronobiological administration of Cardiochron® in the form of a morning and evening capsule ensures that your body gets the heart-supporting nutrients it needs at exactly the right time of day for optimum effectiveness.*

### Basic Facts

In Western industrial nations, cardiovascular concerns rank as one of the leading causes of death. The incidence of hypertonia and atherosclerosis, and consequences such as cardiac infarction, stroke and renal problems, is an essential indicator for the health of a population. According to the American Heart Association, at least half of all cardio-related deaths are the result of previously existing coronary heart disease.

One important factor related to cardiovascular concerns seems to be high levels of homocysteine in the blood. Numerous investigations have shown that dietary nutrients such as folic acid, in combination with vitamins B6 and B12, can effectively help maintain healthy homocysteine levels. The active ingredients in Cardiochron® are a combination of synergistic nutrients which together promote the health of the heart and the cardiovascular system.

### Effects

**Folic acid** supports the healthy functioning of the entire nervous system while also supporting healthy homocysteine levels in the blood. According to scientific reports, the regular daily intake of folic acid could help support a healthy cardiovascular system.

**Vitamin B12**, together with folic acid, plays a role in a number of important physiological processes in the body. Among these are healthy DNA synthesis, blood formation and nerve function. As vitamin B12 levels decrease with progressing age, elderly people often show signs of deficiency, such as impaired neurologic function and a deterioration of cognitive health.

The intake of **vitamin B6** also supports healthy homocysteine levels in the blood. It has been shown that people with lower levels of vitamin B6 have a five-fold higher risk of suffering from poor cardiovascular health. Vitamin B6 also helps maintain blood pressure within normal ranges.

The **vitamin B complex** in Cardiochron® also provides the following: thiamine (B1), riboflavin (B2), niacin/niacinamide (B3), pantothenic acid (B5) and biotin. Each of these substances has a unique biochemical structure and physiological function. Because they are vitamins, it is recommended that they be taken with food. When taken in combination, B vitamins can help support a healthy cardiovascular system.

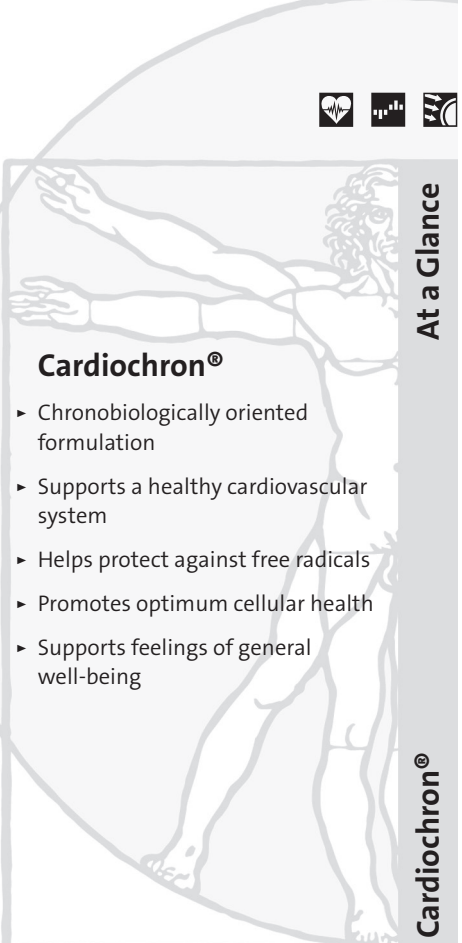
**Magnesium** enjoys a well-deserved reputation as being an anti-stress mineral. This electrolyte possesses spasmolytic properties and has a natural relaxing effect on the muscles. Along these lines, magnesium affects not only the skeletal muscles but also the non-striated muscles of the blood vessel system as well as those of the gastrointestinal tract. Additionally, magnesium acts as a natural calcium antagonist, helping to support healthy heart function. Thus, in general, magnesium helps maintain cardiovascular health while also helping to maintain blood pressure levels already within normal ranges.

**Calcium** also exhibits important effects when it comes to maintaining healthy blood flow. Although not all of its mechanisms relating to maintaining healthy circulation are clearly understood, calcium has proven to be beneficial when it comes to helping to maintain blood pressure already within normal ranges. Like magnesium, calcium is present in Cardiochron® in a form in which it is bound to ascorbic acid (vitamin C). Ascorbic acid is an important protector against free radicals and is also essential for a healthy cardiovascular system.

**Coenzyme Q10** protects against free radicals and is essential for energy production in the body. This coenzyme, which is also known as ubiquinone, is active within the respiratory chain of all living cells of the body, and its structure resembles that of vitamins E and K. Coenzyme Q10 is indispensable

when it comes to optimal organ function and overall health. Coenzyme Q10 can be helpful in maintaining a healthy heart and immune system, and also helps maintain blood pressure levels already within normal ranges.

**Nattokinase** is a unique and effective enzyme obtained through the fermentation of soybeans. Nattokinase helps maintain healthy blood flow by supporting normal fibrinolytic (blood clotting) activity and blood mobility.



**Cardiochron®**

- ▶ Chronobiologically oriented formulation
- ▶ Supports a healthy cardiovascular system
- ▶ Helps protect against free radicals
- ▶ Promotes optimum cellular health
- ▶ Supports feelings of general well-being

At a Glance

Cardiochron®

**Grape seed extract** is an extract made from grape seeds which supports healthy oxygen levels in the blood, naturally helping to maintain healthy blood pressure levels already within normal ranges.

**Coral Calcium®** promotes an alkaline pH value in the body, thus supporting immune system and overall health, as many diseases only thrive in an acidic environment.

**Bioperine®** is an extract derived from black pepper that boosts the bioavailability of the active ingredients in Cardiochron®.

Another protectant against free radicals in Cardiochron® is **lycopene**. This member of the carotenoid family is most often found in tomatoes. Scientific studies have shown that taking lycopene daily with food can help support healthy cardiovascular and immune systems, especially in the elderly.

Finally, a number of **L-amino acids** are also contained in Cardiochron®, including L-arginine HCl, L-carnitine, L-lysine HCl, L-proline and L-cysteine HCl. These substances are of great importance to immune system health, as well as healthy circulation, and in combination they help support a healthy heart and cardiovascular system.

## Uses

The well-balanced combination of active ingredients in Cardiochron® support healthy heart function and healthy circulation in many ways, including helping to maintain blood pressure levels already within normal ranges and protecting against damaging free radicals. Taking Cardiochron® regularly is recommended for those who are subjected to chronic stress, or for anyone who just wants to supplement their diet to help maintain optimal health.

## Composition

AM capsule (morning)	
	daily dose
L-carnitine	100 mg
Alpha lipoic acid	100 mg
Calcium (Ca)	60 mg
Coenzyme Q10	50 mg
L-arginine HCl	20 mg
Lycopene	1.5 mg
Vitamin B6	5 mg
Grape seed extract	150 mg
Coral Calcium®	25 mg
Bioperine®	1.25 mg

in pharmaceutical grade. Other ingredients: stearic acid, magnesium stearate, SiO<sub>2</sub>.

PM capsule (evening)	
	daily dose
Biotin	500 mcg
Folic acid	400 mcg
Calcium (Ca)	9 mg
L-cysteine HCl	20 mg
L-proline	75 mg
L-lysine HCl	75 mg
Magnesium (Mg)	40 mg
Niacinamide	50 mg
Vitamin B1	5 mg
Vitamin B2	5 mg
Pantothenic acid	2.5 mg
Vitamin B12	2 mcg
Nattokinase (20.000 FU)	50 mg
Coral Calcium®	25 mg
Bioperine®	1.25 mg

in pharmaceutical grade. Other ingredients: stearic acid, magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.




## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

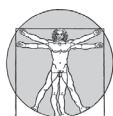
Store in a cool and dry environment, out of reach for children.

### Cardiochron® Product Groups

Cardiochron® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  Cardiovascular System
-  Chronobiology
-  Immune System, Cell Protection & Antioxidants

Manufacturer:



**VitaBasix®**

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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