



# Heart Formula



Help maintain cardiovascular health! A healthy heart is vital to a healthy body. Arbonne's unique Heart Formula, is cutting edge and based on scientific research. The ingredients in this formula have been used successfully by cardiologists, naturopaths and nutritionists to help keep their patients' hearts healthy! This combination of antioxidants, B vitamins, magnesium, L-carnitine and coenzyme Q10 is unique to Arbonne. With the addition of Arbonne's proprietary herbal blend of cayenne, garlic and hawthorn, to support the active ingredients in this formula, this is just another way that this product is kept exclusive to Arbonne. Many products contain one or two of these ingredients, but Arbonne has chosen to incorporate all of these effective ingredients in one formula, and as always, we use only the highest quality ingredients available.

**Recommended For:** Supporting cardiovascular health.

**When to Use:** With each meal...breakfast, lunch and dinner.

**Usage:** Take 3 tablets daily, with meals.

Nutrient

- Vitamin E
- Vitamin B6
- Folate
- Vitamin B12
- Magnesium
- L-Carnitine
- Coenzyme Q10

**Arbonne's Proprietary Herbal Blend**

- Cayenne
- Garlic
- Hawthorn

Source

- d-alpha tocopheryl succinate
- pyridoxine hydrochloride
- folic acid
- cyanocobalamin
- magnesium oxide
- L-carnitine tartrate
- coenzyme Q10

- cayenne fruit
- garlic bulb
- hawthorn berry

3 tablets contain:

Nutrient	Amount	% Daily Value
Vitamin E	300 IU	1000
Vitamin B6	2.0 mg	100
Folate	400 mcg	100
Vitamin B12	6 mcg	100
Magnesium	300 mg	75
L-Carnitine	150 mg	*
Coenzyme Q10	15 mg	*
<b>Arbonne's Proprietary Herbal Blend</b>	150 mg	
Cayenne		*
Garlic		*
Hawthorn		*

**Herb Functions**

**Cayenne** - An antioxidant, helps to increase circulation, reduce blood cholesterol and triglyceride levels. <sup>1</sup>

**Garlic** - Helps to lower cholesterol and blood pressure. <sup>1</sup>

**Hawthorn** - A mild heart tonic. Especially useful in treating heart fatigue, improving blood circulation and maintaining a regular heart beat. <sup>2</sup>

**References:**

1. The Healing Power of Herbs, M. Murray, N.D.
2. The Green Pharmacy, J. Duke, Ph.D.

*Heart disease is the number one cause of death in America. It affects approximately 7 million people and causes about 1.5 million heart attacks and 500,000 deaths each year.*

People with known medical conditions should consult with a physician prior to taking supplements



\*Daily Value not established