



## The Benefits of Cardio Flow

### **Cardiovascular disease – the number one killer**

Today, one in four people will suffer from heart disease. Over half of the heart attacks that occur this year will result in sudden death. In addition, other vascular diseases have serious consequences, with a reported 10% of the population suffering from erectile dysfunction and other sexual difficulties and millions more being affected by conditions such as peripheral artery disease, stroke, hypertension and diabetes.

### **Cardio Flow**

Cardio Flow is a unique formulation that combines key nutritional ingredients. Each of these nutrients alone offers powerful benefits, but when combined in the great-tasting, easy to use Cardio Flow drink, you will notice an immediate difference.

The key components of Cardio Flow are the two amino acids, arginine and citrulline, vitamin D, and resveratrol. In addition, Cardio Flow provides vitamin C and B-complex vitamins.

### **How can Arginine help?**

In 1998, the Nobel Prize in Medicine was awarded to a team of scientists for their work on nitric oxide (NO) and their discovery of the role that arginine plays in the production of nitric oxide in the body. Nitric oxide is a powerful "vasodilator", meaning that it helps keep your arteries open and maintains their smooth texture so that blood can flow through them easily. However, certain people, like smokers, diabetics, the obese, those with high cholesterol and/or high blood pressure, as well as people with heart disease, appear to have decreased nitric oxide production. The lining of their arteries becomes sticky, eventually causing the build-up of cholesterol and plaque and thereby increasing the potential for obstruction.



### **Arginine and the Nitric Oxide pathway**

Arginine is an amino acid. In your body, it is converted into nitric oxide, which, in turn, helps dilate blood vessels and improve blood flow. Nitric oxide is essential for the optimal functioning of blood vessels because it assists blood vessels when there is a need for increased blood flow. It has also been shown to reduce dangerous plaque build-up in the arteries.

Nitric oxide plays an essential role in human health

- \* Cardiovascular health
- \* Boosting the immune system
- \* Muscular development
- \* Erectile dysfunction
- \* Reproduction

Hundreds of clinical studies have demonstrated the effectiveness of arginine in helping the body produce the necessary nitric oxide.

### **Citrulline**

In addition to arginine, the formulation of Cardio Flow includes Citrulline, another amino acid closely related to arginine. In the mitochondria, the 'power house' of cells, the waste product ammonia combines with carbon dioxide and ornithine to form citrulline. Citrulline is then transported out of the mitochondria into the cytoplasm where it is converted to arginine. Thus citrulline, while aiding the removal of wastes from muscle and liver cells, also assists in the production of arginine *in situ*.



## **Resveratrol**

Cardio Flow includes the powerful antioxidant resveratrol, that is found in some plants, most notably the grapevine which produces large amounts of resveratrol in the skins of grapes where it functions to protect against fungal diseases and sun damage. It is thought that the presence of resveratrol in red wine is one reason for the so-called "French Paradox", a term that was coined after a health study concluded that people in France were less likely to die of heart attacks than other Western Nationalities, despite similar high fat diets. The study concluded that the relatively large amounts of red wine consumed by the French protected their hearts.

Further research then set about identifying the responsible components of red wine and the component that gained the largest amount of interest was Resveratrol. Laboratory studies have now shown that:

- Adding resveratrol to the diet can increase lifespan.
- Resveratrol can reduce fat related deaths by more than 30%.
- Resveratrol significantly improves endurance.
- Resveratrol can inhibit blood platelet aggregation (which in turn can lead to dangerous clots that can cause heart attacks and strokes).
- Resveratrol is a powerful anti-oxidant that can help prevent cell damage caused by free radicals.
- Resveratrol has been proven to fight certain forms of cancer.

Adding resveratrol to Cardio Flow provides the added cardiovascular benefits of this powerful natural substance.



## **Vitamin D**

Cardio Flow also provides a source of Vitamin D. This vitamin has long been known to be essential for healthy bones because of its involvement with calcium absorption and deposition. But recently, medical research has shown that vitamin D is involved in much more, actually resulting in calls for the daily requirement of Vitamin D to be increased.

Technically, vitamin D is a hormone precursor. The range of conditions that are now being associated with a deficiency of vitamin D is quite staggering, with research demonstrating a link between vitamin D and certain types of cancer, as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, possibly autism, and periodontal disease. These conditions are believed to be primarily multifactorial, with the deficiency of vitamin D being one of the factors involved in the disease.

Vitamin D is known as the sunshine vitamin, because it can be made in the skin by the action of sunlight. Our exposure to the sun is becoming increasingly limited due to warnings about the danger of skin cancers, and also, in northern climates, winter can be a time when we get very little, if any, sun exposure. These factors make supplementation of our diets with vitamin D absolutely essential.

### **Cardio Flow and Anti-Aging Considerations**

Arginine, citrulline, resveratrol and vitamin D - the most powerful tools in any anti-aging program.

As a precursor to nitric oxide, arginine plays a direct role in the dilation and constriction of small blood vessels in brain and therefore may have a positive effect on cerebral circulation.



- Arginine is also known for its functional value in promoting the production of HGH and other hormones, strengthening the immune system, improving lean muscle mass and reducing fat, regulating several vital metabolic processes, improving cholesterol profiles, supporting brain function, and enhancing sexuality. Arginine is not only involved in the production of HGH, but it also stimulates the pancreas for insulin production, and is a component in the hormone vasopressin produced by the pituitary gland.

Arginine and citrulline are an integral components of the urea cycle, which converts the toxic by-products of glucose metabolism to urea. Urea, in turn, is carried to the kidneys for excretion.

### **The role of Cardio Flow**

Improving your intake of arginine is not as simple as increasing intake of arginine-rich foods in your diet, because the most common arginine-rich foods also tend to be high in fat and cholesterol (foods like red meat and shellfish). The same applies to resveratrol because the amount of red wine needed to provide useful quantities of resveratrol would have other harmful side effects. And in the case of vitamin D, we know that increased sun exposure can lead to the dangers of skin cancer.

So what is the option? Taking "horse pills" is not attractive to most people. You would have to take 10 or more giant 500 mg pills each day to get useful amounts of these valuable nutrients.

Cardio Flow is a delicious orange flavoured tasting powder that you simply add to water, stir and drink. Each scoop contains 5000 mg L-arginine together with 200 mg L-citrulline, 2,500 IU vitamin D, and 10 mg resveratrol. Cardio Flow also includes essential B-vitamins, all provided to help fight hardening arteries the natural way, with pure nutrition.

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