

# Heart Healthy

## Discover the benefits and science behind Forever CardioHealth®

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CoQ10 is a naturally occurring enzyme that aids in heart function, but it decreases as we age. However, taking Forever CardioHealth offers supplemental CoQ10 support to help promote heart health and circulation. To learn more about the science behind CardioHealth, we spoke with Forever's Quality Director Christopher Altamirano, who has over seven years of experience in quality control as well as research and development of nutritional and dietary supplement products.

### What is Forever CardioHealth designed to do?

Forever's formula highlights Coenzyme Q10, also known as ubiquinone, which has been clinically proven to help maintain and support cardiovascular health. CardioHealth's combination of vitamins, minerals and botanicals helps to reduce oxidative stress, contribute to normal function of blood vessels, and support normal muscle function and healthy metabolism. Altogether, this creates a healthy environment for the heart to optimize its function.

### Why is CoQ10 important for heart health?

CoQ10 is linked with a multitude of functions for cardiovascular health. CoQ10 may aid in maintaining a healthy heart, including supporting heart function and promoting circulation. CardioHealth has safe and efficacious doses of CoQ10, which allow the cardiovascular system to perform at its most optimal levels.

### What makes Forever CardioHealth stand out from similar products?

CardioHealth contains a half-dozen vitamins and minerals that work in tandem with CoQ10. This dynamic formula may help the body metabolize nutrients and maintain healthy blood glucose levels and healthy immune function. It is an easily digestible, ready-to-mix powdered drink that is neutral in taste and effective in maintaining a healthy cardiovascular system.

### What is the difference between CoQ10 forms?

Many CoQ10 products are sold as softgels, liquids or capsules. But through continual testing, it has been demonstrated that CoQ10 is stable as a powder, which is how CardioHealth is formulated. CardioHealth can be dissolved in water or Forever Aloe Vera Gel® for easy consumption.

### How do the botanicals used in Forever CardioHealth support its effects?

Along with the vitamins, minerals and active components in CardioHealth, the botanicals used in CardioHealth were selected for their antioxidant properties. These botanical extracts include grapeseed, turmeric, boswellia and olive leaf. Although there is no direct clinical dosage, these four botanicals have been historically known to help with circulation.

### What is the benefit of combining folic acid with B vitamins?

Red blood cells are the carriers of oxygen throughout the body. Vitamins B6 and B12 contribute to normal red blood cell formations. With healthy blood cells in the body, vitamin B9 (also known as folic acid) contributes to healthy arteries and blood vessels by aiding their elasticity, thereby putting less strain on the heart.

### Who is the ideal consumer of this product?

It's never too early to start taking care of your heart health as an adult for both men and women alike, no matter your lifestyle. CardioHealth is not intended to treat people with heart conditions, but it is a great supplement to help maintain the healthy functions of the heart and cardiovascular systems plus healthy metabolism and immune function.

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

