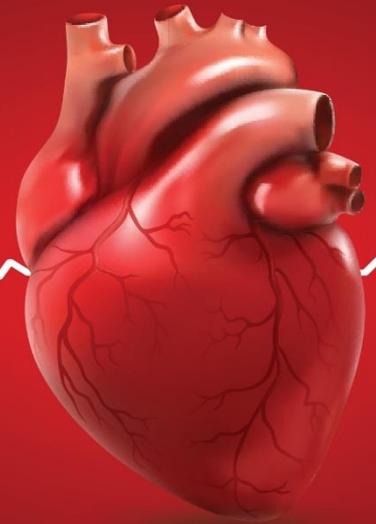
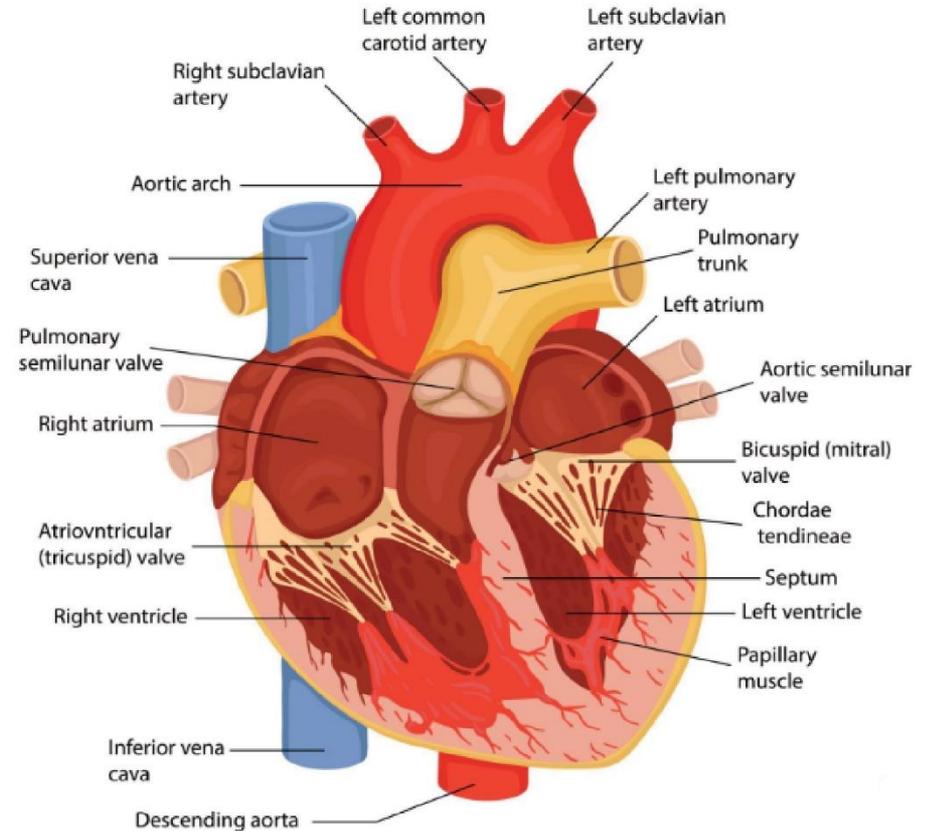


PRO CARDIO

Coenzyme Q10

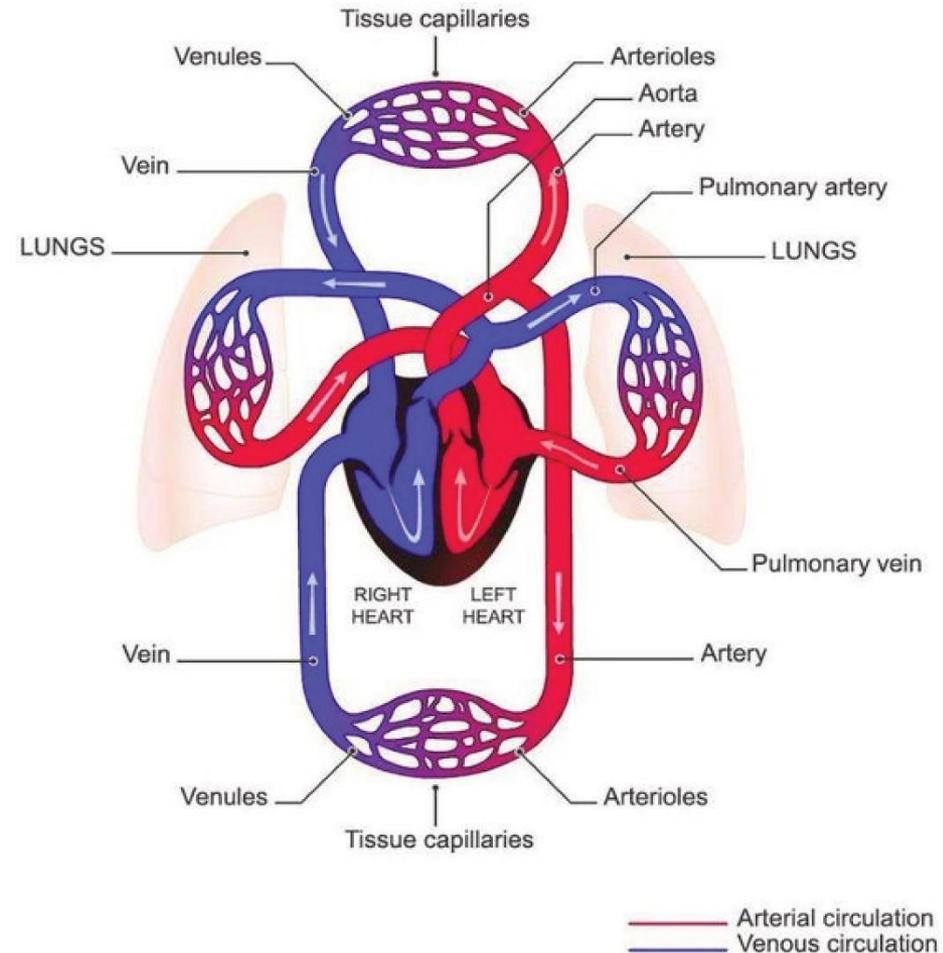


- The heart is a muscular organ about the size of a fist.
- Located just behind and slightly left of the breastbone.
- The heart pumps blood through the network of arteries and veins called the cardiovascular system



FUNCTION OF HEART

- Pumping oxygenated blood to the other body parts.
- Pumping hormones and other vital substances to different parts of the body.
- Receiving deoxygenated blood and carrying metabolic waste products from the body and pumping it to the lungs for oxygenation.
- Maintaining blood pressure.



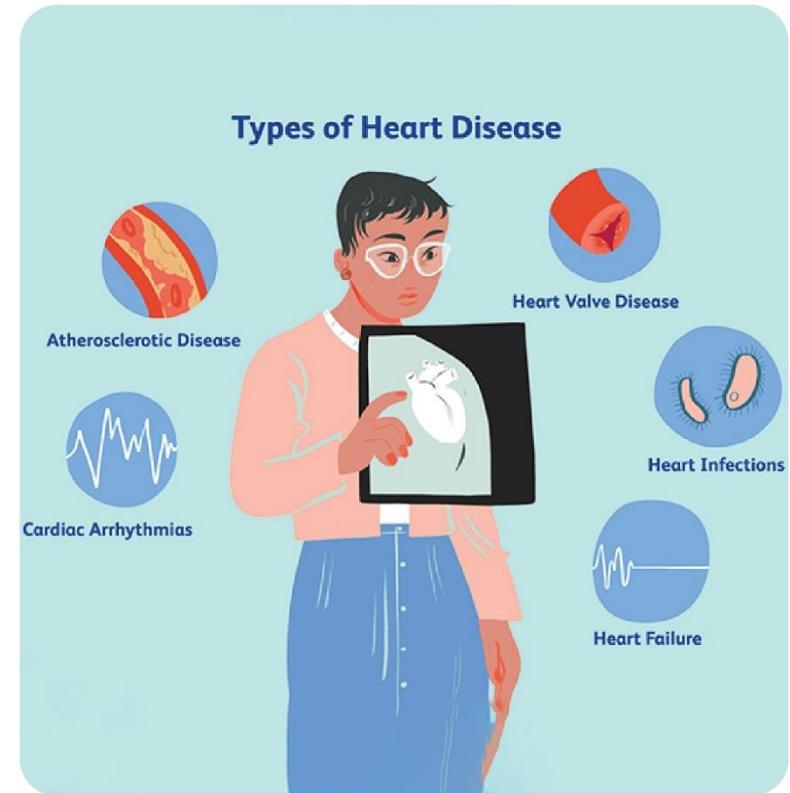
'STRESS' ENEMY OF THE HEART

- Today's fast paced life and workplace pressures escalate stress levels, taking a toll on one's heart.
- We must realize that the healing power of the body decreases when under stress, leading to many complications like hypertension and poor immunity.
- Today, even youngsters are prone to heart ailments. So, it's very important to stay healthy and manage your lifestyle by understanding the risk factors such as high cholesterol levels, high blood pressure,
- Stressful lifestyle, eating unhealthy food smoking, drinking and lack of exercise. Following simple changes in lifestyle



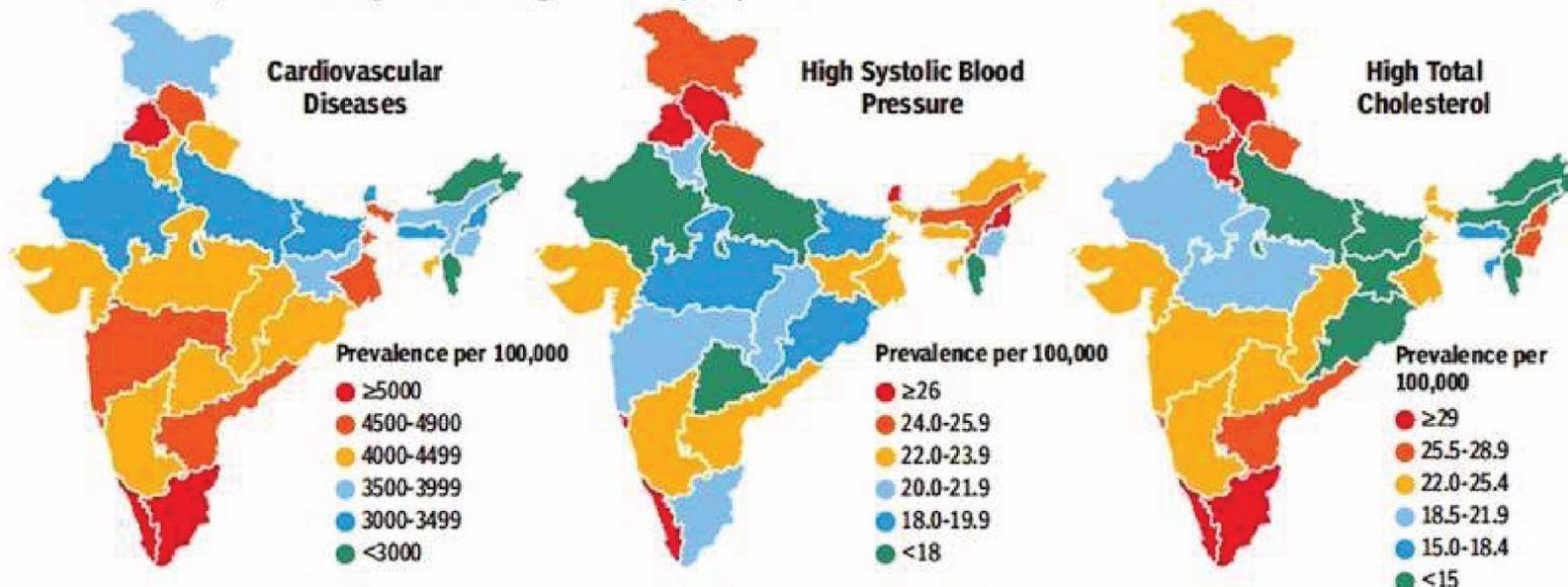
WHAT ARE CARDIOVASCULAR DISEASES

- **Abnormal heart rhythms, or arrhythmias.**
- **Aorta disease and Marfan syndrome.**
- **Congenital heart disease.**
- **Coronary artery disease (narrowing of the arteries)**
- **Deep vein thrombosis and pulmonary embolism.**
- **Heart attack.**
- **Heart failure.**
- **Heart muscle disease (cardiomyopathy)**



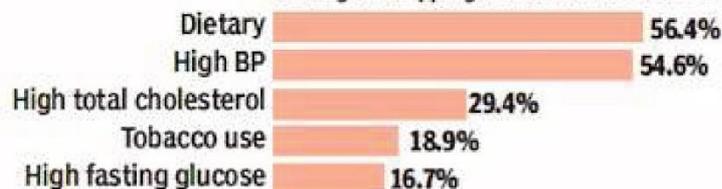
HEART DISEASE IS THE BIGGEST KILLER

Many more people die of heart disease than cancer. In 1990, cardiovascular diseases accounted for 15.2% of all deaths; by 2016, this shot up to 28.1% with 2.8 million dying of heart problems. But, again, if you look at the age-standardised rate, there is no significant change in the 26-year period



YOUR FOOD HABIT MATTERS MOST

Leading overlapping cardio risk factors are:



➤ **Cases of diabetes** is rising rapidly – from 26 million in 1990 to 65 million in 2016. Even after age-standardisation, diabetes cases rose 29.7%

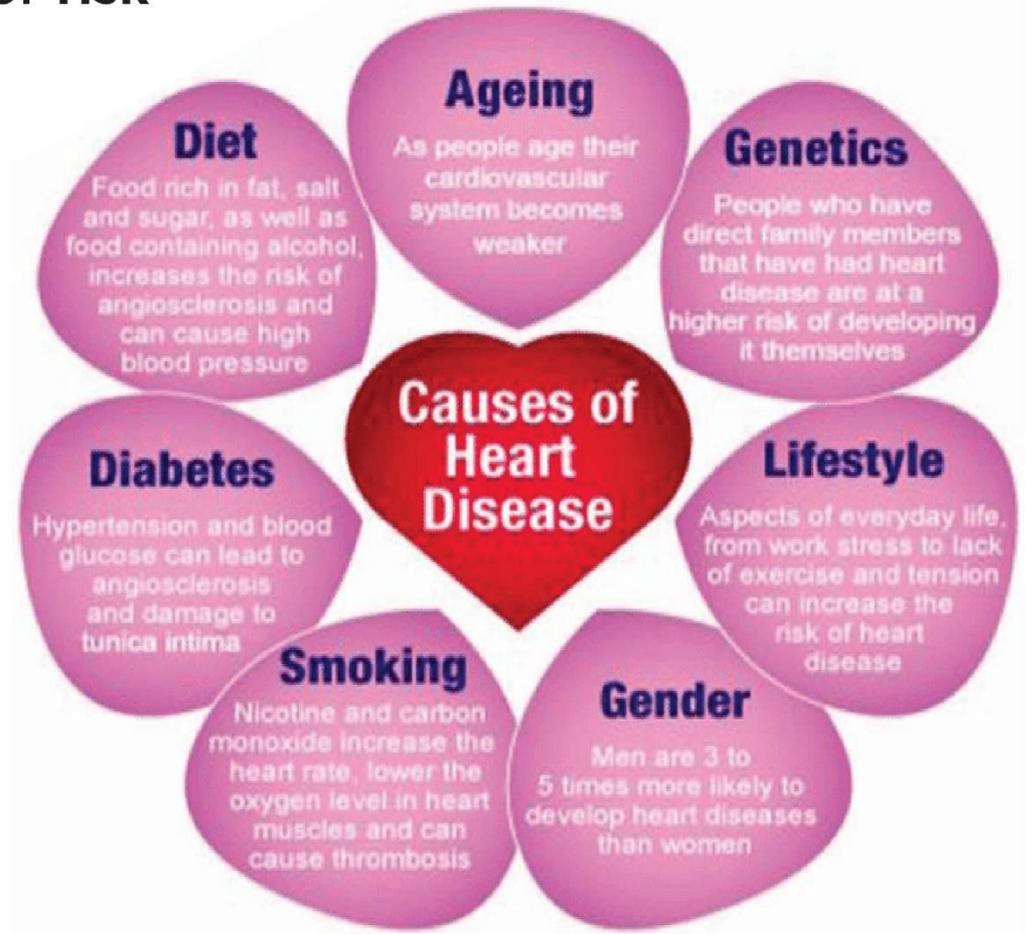
➤ It contributed to 3.1% of total deaths in 2016

➤ The top three states are Tamil Nadu, Kerala and Delhi

➤ Obesity was a major cause for diabetes. Of every 100 obese adults, 38 are diabetic

PREVENTION AND CONTROL OF CARDIOVASCULAR DISEASE

- Control your blood pressure. High blood pressure is a major risk factor for heart disease.
- Keep your cholesterol and triglyceride levels under control.
- Stay at a healthy weight.
- Eat a healthy diet.
- Get regular exercise.
- Limit alcohol.
- Don't smoke.
- Manage stress.



- Many herbs used by Ayurvedic practitioners show randomized trials.
- Multivitamin & mineral. Vitamins and minerals taken in appropriate doses may aid in lowering heart disease risk.
- Coenzyme Q10 (Co Q10) Coenzyme Q10 (CoQ10) is a substance similar to a vitamin.
- Fiber.
- Omega-3 fatty acids.
- Magnesium.
- L-Carnitine.
- Green tea.
- Garlic.

20 Heart Healthy Foods



acorn squash



almonds



asparagus



beans



bell peppers



blueberries



broccoli



brown rice



carrots



cantaloupe



dark chocolate



flaxseed



oatmeal



oranges



papaya



salmon



soy



tomatoes



tuna

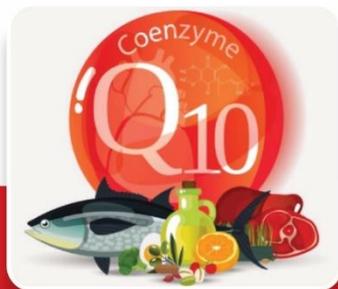


walnuts

PRO CARDIO PROTECTING YOUR HEART

- Pro Cardio capsules supplement is a herbal formulation that combines the ancient botanical wisdom of Ayurveda with today's contemporary science. in a safe, powerful and effective way.
- It contains herbs with broad-ranging benefits like Arjuna, Grape Seed, CoQ10, Guggul, Garlic and Flax seed which work together to holistically support heart function.
- It supports efficient heart muscle metabolism by helping improve its oxygen and energy utilization.
- It helps maintain normal cholesterol and lipid level supports healthy platelet formation and their function and takes care of overall heart function.





Co enzyme Q10 (ubiquinone)

CoQ10 have significant benefits for people with cardiovascular disease (CVD), from reducing risk for repeat heart attacks and improving outcomes in patients with heart failure to lowering blood pressure and helping combat side effects of cholesterol-lowering statins.



Grape seed Extract (Vitisvinifera)

GSE is a potent source of antioxidants. The antioxidants in GSE may help alleviate the oxidative stress, inflammation, and tissue damage that can occur alongside chronic diseases. By supplementing with GSE, you'll reap the benefits of better heart.



Arjuna (Terminaliaarjuna)

Arjunais an amazing heart tonic and cardio-protective herb. It is potent in strengthening thecardiacmuscles, improving the circulation of coronary artery blood flow and prevents the heart muscle from ischemic damage



Garlic **(Allium sativum)**

Garlic has positive effects on heart health by preventing cell damage, regulating cholesterol and lowering blood pressure. Other research shows that garlic supplements may also reduce plaque build up in the arteries



Guggul **(Commiphora wightii)**

Guggul is good for the heart. It has antioxidant, anti-inflammatory and anti-lipidemic (lipid lowering) properties. It reduces the level of low-density lipoprotein (LDL or bad cholesterol) thereby preventing blockage in the arteries



Flax seed **(Linum usitatissimum)**

Flax seeds are a rich source of the omega-3 fatty acid ALA (alpha-linolenic acid). Plant-based ALA fatty acids are proven to have heart health benefits and are linked to a lower risk of stroke. Early research also suggests that flax seed might help lower high blood pressure, which plays a role in heart disease. Cholesterol levels.

BENEFITS OF PRO CARDIO

- Works as a tonic for heart health.
- Support normal heart functions.
- Supports normal cholesterol & lipid levels (LDL, HDL, Triglyceride)
- Supports normal blood pressure levels and healthy blood circulation.
- Helps strengthen heart muscles.
- Helps overcome stress & anxiety.
- Naturally rich in COQ10 E that are potent antioxidants.
- Naturally rich in minerals calcium, magnesium and iron.
- Purest, highest-grade natural herbal ingredients.
- The herbs in Proveda Pro Cardio have proven themselves through ancient times to be effective and extremely beneficial in the assistance of heart health.



- 1 tablet twice daily half an hour before major meals
- Not recommended for Pregnant lady & Lactating mother.
- It is not recommended for person how is Below 12 years old.

