

CARDIAC FUNCTION

The heart is one of the most energy-demanding organs in the body, requiring a constant and substantial supply of energy to maintain its pumping function.

It relies on enzymes and minerals to perform effectively. However, our current food chain may not provide these nutrients in adequate amounts. Coupled with age-related declines in enzyme and vitamin production, this can leave us vulnerable. Topping up can be beneficial.



**IMPORTANT: STATINS DEplete COQ10.
IF YOU ARE ON PRESCRIBED STATINS, YOU
MUST REPLENISH YOUR BODY'S COQ10 LEVELS.**

HEART-POUNDING STATISTICS

- Cardiovascular disease is the second leading cause of death in Canada.
- In Canada, 1 person dies from a heart condition, stroke or vascular cognitive impairment, every 5 minutes.
- 2.6 million Canadian adults aged 20 and over have a diagnosed heart disease.
- Men tend to get diagnosed between 55 and 64 years of age.
- Sadly, women are only diagnosed 10 years later, between 65–74 years of age.
- Women are disproportionately affected by stroke: 45% more women die of stroke than men in Canada.

WHAT CAN WE DO TO PREVENT GETTING PULLED INTO THIS CLUB?

Lifestyle factors like healthy eating, keeping active, eliminating alcohol (or consuming in moderation), maintaining a healthy weight, and not smoking can all help reduce the risk of developing cardiovascular disease. Supplementation has also been proven to help.



All New Roots Herbal Products
Are Tested in Our
ISO 17025–Accredited Laboratory

CONTROL WHAT YOU CAN



START TODAY



PRECAUTIONARY CARE

How can we take proactive steps to better heart health if we don't recognize and understand the risk factors? Diagnosed conditions such as diabetes, hypertension, and hyperlipidemia significantly contribute to cardiovascular disease.

Regardless of your age or health, your family's cardiovascular health history is a critical warning sign. As the number of affected family members increases, your likelihood of early-onset coronary heart disease (CHD) increases significantly.

Luckily, nature provides us with many nutrients, vitamins, and minerals to support our heart.

MANAGEMENT OF CHOLESTEROL

Elevated levels of harmful LDL cholesterol, as well as elevated total cholesterol, are a critical risk factor—but both are modifiable.

High cholesterol can come from genetic predisposition, with the liver's inability to convert harmful cholesterol to bile for intestinal excretion. It can also result from excessive absorption of dietary cholesterol.

Cholesterol can build up in the walls of arteries, eventually forming plaque. Plant sterols are an effective natural ingredient to help keep our cholesterol in check.

ARTERIAL HEALTH

Cholesterol management often takes the spotlight when artery health is discussed; yet, the vitality and resilience of the arteries themselves can sometimes be overlooked.

Accumulation of fatty deposits and subsequent plaque formation as well as elevated levels of homocysteine can impact blood circulation. These can impact arterial elasticity and flexibility. Ensuring our arteries remain resilient is essential for cardiovascular wellbeing.



**DON'T FORGET YOUR OMEGA-3, MAGNESIUM
AND FIBRE! THEY ARE ESSENTIAL FOR SO MUCH
MORE THAN JUST HEART HEALTH.**