



Solstic Cardio

Stock #6520-1 (30 packets)

Solstic Cardio is a convenient daily drink packet that provides important nutrients for maintaining cardiovascular health. Solstic Cardio contains a synergistic blend of vitamins, amino acids and antioxidant-rich nutrients that also facilitate brain function, energy production, immune function, and healthy bones and muscle tissue. Solstic Cardio provides:

Vitamin D is not only recognized for its crucial role in promoting bone health, but also for its emerging significance in regulating immune system activity, reducing the risk of infectious and chronic diseases, promoting optimal muscle strength, and facilitating healthy brain, heart and nervous system function. Vitamin D also appears to play an important role in glucose metabolism—the conversion of blood sugar into energy.¹⁻⁵

Vitamin K is essential for blood coagulation (blood clotting) and appears to be an important cofactor for treating and/or preventing atherosclerosis and calcified arterial plaque. Thus, vitamin K may help reduce the risk of cardiovascular disease by reducing coronary calcification. Recent research also indicates that vitamin K plays a significant role in bone metabolism. Several human trials have shown that vitamin K is effective in the treatment of osteoporosis and has been shown to maintain bone mineral density and inhibit new bone fractures.⁶⁻¹²

L-arginine is an amino acid involved in nitric oxide (NO) production. NO plays an important role in numerous functions within the body, many of which are directly related to cardiovascular health—NO relaxes arteries to maintain normal blood pressure, lowers serum cholesterol levels, prevents oxidation of LDL cholesterol (which contributes to plaque buildup and the development of atherosclerosis), and enhances blood flow to the brain and extremities. L-arginine also appears to function as a natural blood thinner, thus helping to prevent heart attacks and strokes. In addition to its cardiovascular benefits, L-arginine plays a central role in immune system function and wound-healing.¹³⁻¹⁸

L-citrulline is an amino acid that functions as a natural precursor of L-arginine. L-citrulline supplementation has been shown to efficiently increase plasma levels of L-arginine, thus improving nitric oxide production and cardiovascular function.¹⁹⁻²¹

Grape skin extract (*Vitis vinifera*) is a rich source of polyphenols—antioxidant substances that protect the body's tissues against oxidative stress (free radical damage). Epidemiological studies suggest an association between consumption of grape products rich in polyphenols and a decreased risk for cardiovascular disease. Grape polyphenols have been shown to inhibit oxidation of LDL cholesterol, lower blood pressure, reduce inflammation, and inhibit platelet aggregation (blood clots), and thus, may reduce the risk of atherosclerosis.²²⁻²⁶

Taurine, a sulphur-containing amino acid, helps regulate heartbeat and promotes the pumping action of the heart. Studies suggest that taurine may be an essential nutrient to protect against oxidative stress, atherosclerosis and hypertension (high blood pressure). Taurine is widely used in Japan to treat heart disease.^{22,27-29}

Pomegranate fruit (*Punica granatum*) is a rich source of antioxidant compounds. In fact, pomegranate fruit juice has demonstrated 2 to 3 times the antioxidant capacity of both green tea and red wine. Pomegranate fruit has been studied for its potential therapeutic properties, including the treatment and prevention of cancer, cardiovascular disease, erectile dysfunction and male infertility, and bacterial infections and antibiotic resistance.³⁰⁻³²

Amino acid blend (*I-isoleucine, I-leucine, I-methionine, I-tyrosine, I-threonine, n-acetyl-I-cysteine, I-glutamine, acetyl I-carnitine*) - Amino acids are the chemical "building blocks" that make up proteins and other tissue constituents, including muscle tissue. Amino acids can also enhance certain physiological functions such as brain function, immune response, and free radical-scavenging activity. In addition, amino acids are used to combat heart disease and other circulatory problems. For example, studies suggest that n-acetyl-I-cysteine, a specially modified form of the amino acid cysteine, is a potential therapeutic agent in the treatment of heart disease. Likewise, acetyl-I-carnitine, a derivative of the amino acid I-carnitine, is essential for cellular energy production and normal heart function. Scientific evidence supports an overall beneficial effect of I-carnitine supplementation in reducing heart disease risk factors.^{19,33-37}

Resveratrol (*Polygonum cuspidatum*) - The richest source of resveratrol is found, not in grapes or wine, but in the dried roots of *Polygonum cuspidatum*, a traditional Chinese medicine cultivated primarily in China and Japan. Research has confirmed the cardioprotective abilities of resveratrol, including its role as a potent antioxidant,

anti-platelet and anti-inflammatory agent. Studies have found that resveratrol inhibits the formation of blood clots, which can lead to heart attack and stroke, and also participates in cholesterol metabolism, which may help prevent the formation and build-up of plaque deposits in the arteries.^{22,38-41}

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