

CARDIO B PRODUCT INFO SHEET



Description

Cardio B is a comprehensive vitamin B supplement for cardiovascular health.

Ingredients

Homocysteine is an amino acid and is a normal intermediate in methionine metabolism in the body. When excess homocysteine is made and not converted into methionine it is excreted into the blood. Research suggests that high homocysteine levels can lead to cardiovascular health issues.

B vitamins play an intricate role in homocysteine metabolism. A combination of folic acid, vitamin B12 and vitamin B6 are most often used to help reduce homocysteine levels naturally. Folic acid is required for the conversion of homocysteine to methionine. Low levels of folic acid intake have been associated with high serum homocysteine levels. Vitamin B12 is a required co-factor in the conversion of homocysteine to methionine via the folate pathway. Vitamin B12 deficiency is also common in the elderly and vegetarians. Vitamin B6 is an important vitamin in the conversion of homocysteine to cysteine and is also known to be deficient in the typical American diet. Betaine acts as a methyl donor to homocysteine, converting it to methionine.

Supplement Facts

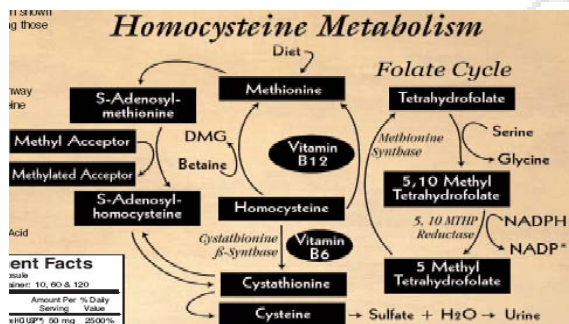
Serving Size: 1 Capsule
Servings Per Container: 60

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine HCl USP)	50 mg	2,500%
Folic Acid	5 mg	1,250%
Vitamin B12 (as Methylcobalamin)	1 mg	16,667%
Betaine (Trimethyl Glycine)	500 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #546060 ~ 60 Capsules
ID #546120 ~ 120 Capsules



Dosage

SUGGESTED USE: 1 or more capsules per day or as recommended by your health care professional.

Contraindications

If you are pregnant or nursing, consult your physician before taking this product.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.