

Dietary supplement

# ProCardiol® NEW

DuoLife **MEDICAL FORMULA PROCARDIOL® NEW** is a dietary supplement based on natural ingredients and a proprietary antioxidant formula, enclosed in innovative delayed release capsules that improve the absorption of active compounds.



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DuoLife MEDICAL FORMULA PROCARDIOL® NEW contains plant extracts that support the cardiovascular system - proper heart and blood vessel functions. The supplement is a valuable source of antioxidant polyphenols, which contribute to maintaining optimal cholesterol levels in the blood, promote optimal function of veins and protect the heart muscle cells.

## When?

The main risk factors for the development of cardiovascular diseases include overweight, elevated cholesterol levels and smoking<sup>1</sup>. An improper diet, based on highly processed products rich in saturated fats, sugar and salt, significantly increases the risk of heart attack, stroke, hypertension or atherosclerosis. The situation is also aggravated by lack of physical activity, sedentary lifestyle, excessive stress and overwork. It is worth taking care of proper nutrition and a healthy, active lifestyle, focusing on the prevention of cardiovascular diseases before their treatment is necessary. This can be supported by appropriate supplementation, based on natural ingredients regulating the functions of the heart and blood vessels. DuoLife MEDICAL FORMULA PROCARDIOL® NEW can be a supportive supplement for people:

- ▶ wishing to maintain their heart and vessels in a good condition;
- ▶ wishing to maintain normal cholesterol blood levels;
- ▶ with a history of a myocardial infarction;
- ▶ post-menopausal women; overweight and elderly people.

## How?

Dietary supplement DuoLife MEDICAL FORMULA PROCARDIOL® NEW provides the body with valuable antioxidants contained in plant extracts, contributing to the maintenance of good condition of the heart, arteries and veins, also supporting the functions of the liver and digestive tract.

DuoLife MEDICAL FORMULA PROCARDIOL® NEW supports

- ▶ function of the heart;
- ▶ function of the cardiac conduction system;
- ▶ optimisation of the heart muscle oxygen demand;
- ▶ functions of blood vessels;
- ▶ normal blood pressure;
- ▶ antioxidative processes;
- ▶ lipid metabolism, which has a positive effect on blood cholesterol levels, contributing to reducing the level of „bad“ cholesterol and maintaining an optimal level of „good“ cholesterol;
- ▶ body detoxification processes;
- ▶ intestinal flora functions.



### DuoLife MEDICAL FORMULA PROCARDIOL® NEW – usage:

1-2 capsules daily.

## **Tabela Składu**

Content of ingredients per average daily dosage	1 capsule	2 capsules
hawthorn fruit extract ( <i>Crataegus oxyacantha</i> )	80 mg	160 mg
hibiscus flower extract ( <i>Hibiscus sabdariffa</i> )	60 mg	120 mg
red grape skin extract ( <i>Vitis vinifera</i> )	60 mg	120 mg
pomegranate fruit extract ( <i>Punica granatum</i> )	50 mg	100 mg
ProCardiol® proprietary antioxidant formula derived from a blend of dried fruit and vegetable extracts in varying proportions	30 mg	60 mg
chokeberry fruit extract ( <i>Aronia melanocarpa</i> )	30 mg	60 mg
motherwort extract ( <i>Leonurus cardiaca</i> )	20 mg	40 mg
Baikal scullcap extract ( <i>Scutellaria baicalensis</i> )	20 mg	40 mg

**Ingredients:** hawthorn fruit extract (*Crataegus oxyacantha*) 10:1, hibiscus flower extract (*Hibiscus sabdariffa*) 5:1, red grape skin extract (*Vitis vinifera*) 5:1, pomegranate fruit extract (*Punica granatum*) 10:1, chicory root inulin (FOS), ProCardiol® proprietary antioxidant formula derived from a blend of dried fruit and vegetable extracts in varying proportions (from grapes (*Vitis vinifera*), European olives (*Olea europaea*), artichoke leaves (*Cynara scolymus*)), chokeberry fruit extract (*Aronia melanocarpa*) 5:1, motherwort extract (*Leonurus cardiaca*) 5:1, Baikal scullcap extract (*Scutellaria baicalensis*) 5:1. Capsule ingredients: hydroxypropyl methylcellulose (HPMC), gellan gum, chlorophyllin and chlorophyll (dye). Anti-caking agent: silica.

Do not exceed the recommended daily intake. The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.

## **The herbal extracts contained in the preparation have a ratio of 10:1 and 5:1 next to their names - this is the so-called DER. What does it mean?**

DER (drug extract ratio) specifies a number of milligrams of plant material used to obtain one milligram of the extract.

If the capsule contains 80 milligrams of hawthorn (or other herbal extracts) DER 10:1, this means that 800 milligrams of raw material were used to obtain the capsule. The capsules from the Medical Formula NEW line have an increased DER, so the same (or even lower) amount of the extract may provide a larger dose of active substances.

Plants being part of DuoLife MEDICAL FORMULA PROCARDIOL® NEW together have a synergistic effect. All thanks to the health-supporting active compounds from the polyphenol group!

- ▶ Hawthorn contains valuable flavonoids and proanthocyanidins; the raw material contributes to the increase of blood flow through coronary vessels, promotes the strength of myocardial contractions, regulates heart rate and contributes to the regulation of blood pressure (both too low and elevated). It also has a cardio-protective effect and helps maintain proper cholesterol level in the blood, promoting the prevention of atherosclerosis<sup>2-4</sup>.
- ▶ Hibiscus owes its properties to the polyphenols contained in the raw material, mainly flavonols and anthocyanins, as well as organic acids, phytosterols and fatty acids. Hibiscus extract contributes to the regulation of arterial pressure and cholesterol levels in the blood, promoting the prevention of hypertension and arteriosclerosis. Thanks to its polyphenols, hibiscus exhibits strong antioxidant properties, protecting cells from the destructive influence of free radicals. Antioxidant properties also help protect liver cells, supporting the detoxification functions of this organ<sup>5,6</sup>.

- ▶ Thanks to its antioxidant properties, resveratrol contained in red grape skins helps protect the body against cardiovascular diseases - it inhibits the oxidation of LDL fraction cholesterol (this fraction is considered to be conducive to atherosclerotic changes), inhibits platelet aggregation<sup>7</sup> and regulates arterial pressure<sup>8</sup>. Grapes are also a valuable source of anthocyanins - polyphenolic compounds with proven protective effects for the heart and supporting normal vascular endothelial functions<sup>9</sup>.
- ▶ Pomegranate is characterized by a very high antioxidant potential and the ability to sweep away free radicals, which gives it cardio-protective and cholesterol-lowering properties; the raw material also has a beneficial effect on the bacterial flora of the intestines, stimulating the growth of probiotic bacteria<sup>10,11</sup>. Flavonoids contained in the material may alleviate symptoms of menopause, due to its affinity to oestrogen receptors<sup>12</sup>.
- ▶ Chokeberry fruits are rich in antioxidant anthocyanins, flavonols and phenolic acids as well as in nutritious vitamins and minerals. The health-supporting properties of chokeberry include antioxidant and anti-aggregative effects (conducive to myocardial infarction prophylaxis), regulating blood pressure and cholesterol and glucose levels; the material has a clinically proven effect of supporting the prevention of cardiovascular diseases and diabetes<sup>13</sup>.
- ▶ Motherwort herb has a clinically proven effect of regulating blood pressure; it also has a beneficial effect on the function of the cardiac conduction system (regulating the heart rate), has a cardio-protective and toning effect, especially relieving cardiac ailments with an emotional background. The material may be used as an aid in cardiovascular neuroses and cardiovascular disorders caused by excessive stress. The motherwort is also an excellent agent alleviating menopausal symptoms, like nervousness or cardiovascular dysfunctions<sup>14-16</sup>. The alkaloids: leonurine and stachydrin, as well as terpenes, polyphenols, sterols and volatile compounds contained in the essential oil are responsible for the health-supporting effect of the material<sup>15</sup>.
- ▶ Baikal skullcap contains numerous polyphenolic flavonoid compounds, the most important of which are baicalin, baikalein and wogonin. These flavonoids have antioxidative properties scavenging free radicals - they protect blood vessels supporting the prevention of atherosclerosis and hypertension. This material also has a protective effect on the heart, supports inhibition of platelets aggregation and reduces permeability of capillary vessels, contributing to prevention of venous diseases: varicose veins, petechiae and spider veins. Baikal thyroid flavonoids also help to protect the liver from the destructive effects of free radicals, supporting the body's purification processes<sup>17,18</sup>.

ProCardiol® proprietary antioxidant formula is a particularly valuable dose of compounds supporting cardiovascular functions.

The formula was obtained from a mixture of dry extracts of grape fruit, European olive fruit and artichoke leaves. All these raw materials are rich sources of antioxidants, with properties that protect cells from the destructive effects of oxidative stress. Antioxidants derived from fruit and vegetables are so-called exogenous antioxidants, supporting the body's natural internal antioxidant mechanisms<sup>19</sup>.

The antioxidant effect is extremely valuable, helping to support the prevention of many chronic diseases, including cardiovascular diseases<sup>19</sup>. Polyphenols from grapefruit and olives inhibit the oxidation of LDL cholesterol fraction, inhibit platelet aggregation and help to maintain proper blood pressure and good condition of blood vessels<sup>7-9,20</sup>. Polyphenolic compounds present in artichoke leaves support the prophylaxis of atherosclerosis by reducing total blood cholesterol levels<sup>21,22</sup>.

What makes DuoLife MEDICAL FORMULA PROCARDIOL® NEW different?

- ▶ **Capsules made of organic cellulose derivative (HPMC)**, containing also chlorophyll derivatives, without preservatives, gluten and gelatin, suitable also for vegans and vegetarians (plus kosher and halal certificates), with delayed release time, with clinical trials\* - improving the absorption of active compounds contained inside the capsule, which translates into increased concentration of active substances in the body.
- ▶ **Packaging free of bisphenol A (BPA)**, a compound with controversial health effects<sup>23</sup>.
- ▶ **100% natural ingredients, with an additional content of prebiotic** - inulin from the common chicory root; inulin stimulates the development of natural intestinal microflora, thus supporting function of the gastrointestinal tract<sup>24</sup>; it has a low glycaemic index.
- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**

- ▶ **Complete ingredients, with their biological background maintained**, improving their bioavailability.
- ▶ **The product DOES NOT CONTAIN preservatives and artificial fillers, and IS GMO FREE** – the raw materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **The product is GLUTEN-FREE** - can be used by people with gluten intolerance.
- ▶ **Concentrated formula** – making the supplement easy to use: once or twice a day.

**i** *The references for DuoLife Medical Formula ProCardiol® can be found on a separate binder sheet.*