

Take Heart II

without Hormones



Total Cardiovascular Nutrient Support

Item #73710 (300 grams powder)
Item #73840 (900 grams powder)

The Possible Benefits of Take Heart II, a Dietary Supplement

- Provides support for healthy homocysteine metabolism*
- Provides antioxidant protection for vascular tissue*
- Supports adenosine triphosphate (ATP) production*

Description

Take Heart II is a powdered, comprehensive nutritional formula for cardiovascular support, easy to take, digest and assimilate. (We no longer offer original Take Heart, which contained DHEA and pregnenolone.) Our food supply nowadays contains significantly reduced nutrient content, even as our requirement for nutritional support has increased, due to greater environmental toxin exposure and the mental and emotional stress inherent in modern life. Take Heart II includes all essential nutrients needed for general nutritional support, and a generous supply of specialty agents specifically implicated in cardiovascular wellness.* For instance, adenosine triphosphate (ATP), the energy currency of the cells, is crucial to the steady pumping of the heart and the flow of blood, and requires nutrients such as B-vitamins, chromium, magnesium, L-carnitine and CoQ10.* Besides supporting general nutrition and ATP production, Take Heart II provides nutritional support for other cardiovascular specific functions, such as catabolism and homocysteine metabolism, antioxidant function, and support of serum viscosity within normal levels.*

Vitamins B6, B12, and folic acid work together to help control homocysteine levels, and **L-methionine, taurine, phosphatidylcholine,** and **CoQ10** also participate in homocysteine metabolism.* **Niacin** has been studied for its support of circulation, including support for cholesterol within normal levels.* **Magnesium** helps relax the muscles of blood vessel walls, and is important for heartbeat function and the utilization of oxygen.* Both magnesium and **chromium** support cholesterol within normal

levels.*

CoQ10 protects the cellular mitochondria from free radical damage and helps produce cellular energy, making it especially important for the cardiovascular system.* **Lecithin** contains **phosphatidylcholine**, which is involved with cholesterol metabolism. **Ornithine** is a precursor to L-arginine, which as a component in the nitric oxide pathway plays a role in vasodilation.* **L-carnitine** has been studied for support of cardiovascular function and cholesterol metabolism.* **Taurine**, the most plentiful amino acid in the heart, is a key to the contraction and pumping of the heart.*

Bromelain, papain and **pancreatin** are proteolytic enzymes that help dissolve fibrin, contributing to healthy fibrinolysis function.*

Hawthorn berry extract has a long history of use for support of the heart, dating back at least 2000 years, and is currently widely used in Europe to support many aspects of circulation.* Both hawthorn and **garlic** have been extensively studied for their support of cardiovascular function.*

Flax seed oil, EPA, and DHA supply omega-3 fatty acids, which are known to thin the blood, support elasticity of blood vessels, and support blood pressure and blood lipids within normal levels.* The **carotene family (alpha, beta, and lycopene), CoQ10, vitamin E and tocotrienols, zinc and chromium, grape skin extract, glutathione and N-acetyl-L-cysteine, lutein and lipoic acid** are all antioxidants that help protect the circulatory system from oxidative damage.*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Serving Size: 1 Scoop (approximately 20 g)
Servings Per Container: 15 (#73710) and 45 (#73840)
Amount Per Serving:

Calories	50	L-Aspartic Acid	85 mg
Calories from Fat	30	L-Carnitine	200 mg
Total Fat	3 g	L-Cystine	10 mg
Saturated Fat	0.4 g	L-Glutamine	600 mg
Cholesterol	8 mg	Glycine	30 mg
Total Carbohydrates	4 g	L-Histidine	20 mg
Dietary Fiber	1.5 g	L-Isoleucine	35 mg
Sugars	1.5 g	L-Leucine	60 mg
Protein	1 g	L-Lysine	45 mg
Vitamin A (as Beta-Carotene)	2000 IU	L-Methionine	160 mg
Vitamin C (as Ascorbic Acid)	500 mg	L-Ornithine	200 mg
Vitamin D3 (as Cholecalciferol)	100 IU	L-Phenylalanine	38 mg
Vitamin E (as D-alpha-Tocopherol)	320 IU	L-Proline	38 mg
Vitamin K1 (as Phytonadione)	80 µg	L-Serine	38 mg
Thiamine (as Thiamine Hydrochloride)	30 mg	Taurine	500 mg
Riboflavin (Vitamin B2)	30 mg	L-Threonine	28 mg
Niacin (as Inositol Hexanicotinate)	160 mg	L-Tyrosine	220 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	16 mg	L-Valine	40 mg
Folic Acid	320 µg	N-Acetyl-L-Cysteine	200 mg
Vitamin B12 (as Cyanocobalamin)	80 µg	Glutathione (reduced)	100 mg
Biotin	240 µg	Pancreatin	10 mg
Pantothenic Acid	100 mg	Papain	16 mg
Calcium (as Calcium Citrate/Gluconate)	280 mg	Bromelain	20 mg
Magnesium (as Magnesium Glycinate/Gluconate)	160 mg	Grape Skin Extract	200 mg
Zinc (as Zinc Arginate)	12 mg	Hawthorne Berry Extract	200 mg
Selenium (as Sodium Selenite/Selenomethione)	80 µg	Garlic (1% Allicin)	100 mg
Copper (as Copper Glycinate)	800 µg	Lutein	2 mg
Manganese (as Manganese Glycinate)	1 mg	Lycopene	0.4 mg
Chromium (as Chromium Picolinate)	160 µg	Tocotrienols	20 mg
Molybdenum (as Sodium Molybdate)	40 µg	Trimethylglycine	200 mg
Potassium (as Potassium Gluconate)	40 mg	Methylsulfonylmethane	80 mg
Boron (as Boron Citrate)	0.4 mg	Eicosapentaenoic Acid (EPA)	145 mg
Vanadium (as Vanadium Pentoxide)	80 µg	Docosahexaenoic Acid (DHA)	95 mg
Alpha-Carotene	8 mg	Gamma-Linolenic Acid	90 mg
Coenzyme Q10	60 mg	Linolenic Acid	220 mg
Inositol	50 mg	Oleic Acid	85 mg
Choline	50 mg	Palmitic Acid	65 mg
Para-Aminobenzoic Acid (PABA)	20 mg	Stearic Acid	25 mg
Lecithin (26% Phosphatidylcholine)	500 mg	Flax Seed Oil	400 mg
L-Alanine	30 mg	Lipoic Acid	30 mg
L-Arginine	480 mg		

Other ingredients: Oat bran, honey powder, rice bran, psyllium bran, apple fiber, stevia, flavoring.

Suggested use: As a dietary supplement, 1 level scoop one or two times daily, or as directed by a healthcare practitioner. Take Heart II is best mixed in a jar or shaker with 2 to 3 ounces of juice or other beverage such as soy milk. Drink immediately and follow with several ounces more of liquid.

References available upon request.



Allergy Research Group®
2300 North Loop Road, Alameda, CA 94502
Phone: 800-545-9960 or 510-263-2000
Fax: 800-688-7426 or 510-263-2100
www.AllergyResearchGroup.com

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.