

STA-CARDIO™ 60 CAPSULES

L-Carnitine	Helps lower high cholesterol while raising levels of good HDL cholesterol, regulator of fat metabolism in the heart and skeletal muscle.
Coenzyme Q-10	Valuable nutrient that can protect and strengthen the heart and body. Helps normalize blood pressure, and promote healing.
Vit. B-1	Necessary for proper metabolism of sugar and starch to provide energy.
Vit. B-6	Needed for production of red blood cells and antibodies, which fight disease.
Vit. B-12	Powerful blood building factor. Key nutrient for new growth.
Vit. E	An antioxidant that prevents premature reaction of oxygen in the body.
Niacinamide	Improves nervous system, migraine headache relief, and circulation of blood.
Folic Acid	Needed for normal growth and development and red blood cell formation. Helps reduce risk of neural tube birth defects. May reduce the risk of cervical dysplasia.
Fish Oil	Major source of Omega 3 Fatty acids, which help with depression, boost immune system. May help ward off diabetes.

Proprietary Blend

Spirulina	Powerfully enhances immune system. High in protein, vitamins, fatty acids, enzymes. Helps with heart disease, arthritis, depression, and lowers triglycerides.
Chlorella	Strong detoxification. Can help reduce high blood pressure, lower serum cholesterol levels, accelerate wound healing, and enhance immune functions. Contains all the B vitamins and Vitamin C and E.
Klamath Falls Blue Green Algae	Blue-green algae is rich in vitamins A, C, E and the B-complex vitamins, including vitamins B12 and B6. Since packaged in their natural form, they are in a highly usable state that makes them far superior to modern vitamin supplements.
Green Barley Grass	High in natural B1 and calcium, about six times more carotene than spinach. It is high in B-12 helping to overcome fatigue and anemia.
Alfalfa	Contains eight essential digestive enzymes and eight essential amino acids of protein. It has been used for a mild blood thinner, and a kidney cleanser. Contains natural fluorides, preventing tooth decay and helps rebuild decaying of teeth.
Broccoli	Contains many anti-cancer substances such as beta-carotene, Vitamin C and indoles. Helps keep cholesterol levels steady and protects the heart. A super source of chromium which helps regulate insulin and blood sugar. Natural calcium in broccoli is 85% absorbed while milk is only 40% absorbed.
Cauliflower	Can provide your body with its entire daily requirement of Vitamin C. Excellent source of folic acid and dietary fiber. Reduces the incidence of cancer.
Brussels Sprouts	Contains Vitamin A and C, calcium, fiber, and magnesium. High in folate, potassium.
Spinach Leaf	Food most eaten by people who don't get cancer. Rich source of cancer antagonists. Rich in fiber. Lowers cholesterol.
Radish	Stimulates digestive juices and bile flow. Radish root may also be able to fight bacteria and other microorganisms.
Carrot	A super food source for beta-carotene. A powerful anti-cancer, artery-protecting, immune boosting. Fights heart and eye disease.
Beet	High in folic acid, an anti-depressant. Contains iron, calcium, and potassium. Enhances liver and gallbladder function. Builds blood corpuscles and cells. Stimulates lymph glands.
Tomato	A rich source of lycopenes, a powerful antioxidant linked to lower rates of skin, pancreatic, stomach, bladder, prostate and cervical cancer.
Celery	Has the ability to calm inflammation and neutralize the harmful effects of uric acid.
Onion	Contains flavonoids and organosulfur compounds-photochemical, which may decrease cancer risk. Good source of fiber and potassium. Has the ability to lower cholesterol as well as reducing the risk of heart disease.
Leek	Contains important amounts of the flavonoid kaempferol, which has repeatedly been shown to help protect our blood vessel linings from damage, including damage by overly reactive oxygen molecules.
Yellow Pepper	Rich in phytochemicals called beta cryptoxanthin as well as beta-carotene. Rich in capsaicin which has been shown to have anti-inflammatory effects as well as helping to stimulate digestion.
Odorless Garlic	Lowers blood pressure and improves circulation. Detoxifies the body and protects against infection. Good for virtually any disease or infection.
Ginger	Cleansing effect on the kidneys and bowels. Helps remove excess toxins from the body. Stimulates the circulation system.
Cinnamon	Been used for digestive ailments such as indigestion, gas and bloating, stomach upset, and diarrhea. Also been used as an anti-inflammatory.

Reference: Herbs that Heal, The Little Herb Encyclopedia, The How to Herb Book