

# STA-CARDIO™ 60 CAPSULES

<b>L-Carnitine</b>	Helps lower high cholesterol while raising levels of good HDL cholesterol, regulator of fat metabolism in the heart and skeletal muscle.
<b>Coenzyme Q-10</b>	Valuable nutrient that can protect and strengthen the heart and body. Helps normalize blood pressure, and promote healing.
<b>Vit. B-1</b>	Necessary for proper metabolism of sugar and starch to provide energy.
<b>Vit. B-6</b>	Needed for production of red blood cells and antibodies, which fight disease.
<b>Vit. B-12</b>	Powerful blood building factor. Key nutrient for new growth.
<b>Vit. E</b>	An antioxidant that prevents premature reaction of oxygen in the body.
<b>Niacinamide</b>	Improves nervous system, migraine headache relief, and circulation of blood.
<b>Folic Acid</b>	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.
<b>Fish Oil</b>	Major source of Omega 3 Fatty acids, which help with depression, boost immune system. May help ward off diabetes.
<b><u>Proprietary Blend</u></b>	
<b>Barley Grass</b>	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.
<b>Wheat Grass</b>	High in Vitamin E. It contains 26% protein in addition to numerous enzymes and minerals, including potassium, phosphorus, and iron. Discourages the growth of bacteria and infection.
<b>Alfalfa Leaf</b>	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.
<b>Oat Grass</b>	Helps impotency, produces testosterone. Increases the absorption of calcium.
<b>Rye Grass</b>	Rich in vitamins including A, B, C, E, K and pantothenic acid and minerals including iron, magnesium, phosphorus and potassium. Rich in protein. Contains all the essential amino acids along with chlorophyll, flavonoids, lecithin and enzymes.
<b>Chlorella</b>	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.
<b>Spirulina</b>	Powerfully enhances immune system. High in protein, vitamins, fatty acids, enzymes. Helps with heart disease, arthritis, depression, and lowers triglycerides.
<b>Sea Vegetable</b>	Contains vitamins A, B, C, D, E, plus amino acids. Contains folic acid, iron, sodium, phosphorus, and calcium. Assists thyroid function and regularity. Source of dietary fiber.
<b>Carrot Juice</b>	A super food source for beta-carotene. A powerful anti-cancer, artery-protecting, immune boosting. Fights heart and eye disease.
<b>Tomato Juice</b>	A rich source of lycopenes, a powerful antioxidant linked to lower rates of skin, pancreatic, stomach, bladder, prostate and cervical cancer.
<b>Beet Juice</b>	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.
<b>Broccoli Juice</b>	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.
<b>Cauliflower</b>	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.
<b>Kale</b>	Powerful disease-fighting vegetable. Super food source for beta-carotene, indoles, and 50% more calcium than milk. Powerful disease fighter.
<b>Cabbage</b>	Helps speed up estrogen and metabolism by increasing enzymes that weaken cancer-promoting estrogens.
<b>Brussels Sprouts</b>	Contains Vitamin A and C, calcium, fiber, and magnesium. High in folate, potassium.
<b>Parsley Leaf</b>	Helps neutralize carcinogens in tobacco smoke. Has diuretic activity. May reduce plaque in arteries and help prevent unhealthy blood clotting. Rich source of folic acid. Good for heart and immune system. Lowers blood pressure.
<b>Spinach Leaf</b>	Food most eaten by people who don't get cancer. Rich source of cancer antagonists. Rich in fiber. Lowers cholesterol.
<b>Asparagus</b>	Good source of folate and Vitamin E. Contains fructo-oligosaccharides (FOS), which promote the growth of "good" bacteria in the stomach.
<b>Celery</b>	Has the ability to calm inflammation and neutralize the harmful effects of uric acid.
<b>Cucumber</b>	An excellent source of Vitamin E, which is beneficial for improving circulation of blood because its nourishment of cells, strengthening capillary walls and promotes the healing of damaged skin tissue.
<b>Green Pepper</b>	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.
<b>Odorless Garlic</b>	Lowers blood pressure and improves circulation. Detoxifies the body and protects against infection. Good for virtually any disease or infection.
<b>Onion Powder</b>	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.
<b>Ginger</b>	Cleansing effect on the kidneys and bowels. Helps remove excess toxins from the body. Stimulates the circulation system.
<b>Quinoa Sprouts</b>	Has the highest protein content of all grains and has more calcium than milk. Good source of phosphorus, iron, B vitamins, and Vitamin E. Contains over 40 amino acids, minerals, and vitamins with extra levels of B vitamins, iron, fiber, and calcium. Known for building strength and endurance.
<b>Amaranth</b>	Benefits the lungs. High in protein, fiber, amino acids, Vitamin C, and calcium. The Vitamin E in Amaranth is the rare form called tocotrienols, which is known to regulate the enzyme that controls cholesterol biosynthesis.
<b>Acerola Fruit</b>	Rich in protein and mineral salts principally, iron, calcium, and phosphorus and also have considerable anti-fungal activity. Rich in Vitamin C and carotenoids and can be used for Vitamin C and A deficiency.