

## Ultra-Cardio Support Pack

### Cardiovascular Health

#### DESCRIPTION

Ultra-Cardio Support Pack, provided by Douglas Laboratories®, is a comprehensive dietary supplementation program designed to provide the essential nutrients needed for optimum cardiovascular support. Each pack contains our world-class multivitamin Ultra Preventive® X, Cardio Edge® with Sytrinol™, enteric-coated Opti-EPA™, our most complete vitamin E supplement Tri-En-All 400, the important amino acid L-carnitine, and our new Citrus Solu-Q™ in a Caplique™ containing natural coenzyme Q10.

#### FUNCTIONS

**Ultra Preventive® X:** Ultra Preventive® X is a comprehensive, highly concentrated vitamin-mineral-trace element daily supplement containing more than 50 nutritional ingredients, all in a special herbal green food base. Its formula is carefully balanced to provide the essential nutrients for optimal health. Ultra Preventive® X is also a potent antioxidant formula that includes natural beta-carotene, vitamin C, vitamin E, selenium, L-cysteine/N-acetyl-L-cysteine, lutein, lycopene, red wine proanthocyanidins and select extracts and powders from over 25 organic fruits, vegetables and herbs.

**Tri-En-All 400:** While many think that the term “vitamin E” refers to a single entity, it actually describes a family of eight different compounds known as the tocopherols and the tocotrienols. Both the tocopherols and tocotrienols are further divided into their alpha, beta, gamma and delta isomers. These two groups of compounds are similar with respect to their structure, but do have subtle molecular structure differences. The d-alpha tocopherol isomer is the most well-known form of vitamin E. However, recent scientific evidence indicates that gamma-tocopherol has excellent antioxidant abilities that complement the antioxidant ability of alpha-tocopherol. Like tocopherols, tocotrienols function as powerful antioxidants. In certain systems, there is evidence that tocotrienols may even possess greater antioxidant activity compared with tocopherols. In addition to their antioxidant function, tocotrienols have demonstrated the ability to support already healthy cholesterol metabolism as well as other cardiovascular health parameters. Tri-En-All 400 is different from most mixed tocopherols products because it contains natural mixed tocopherols with a minimum guaranteed amount of the d-beta, d-gamma and d-delta tocopherols, as well as a significant amount of natural mixed tocotrienols.

**L-Carnitine:** L-carnitine is necessary for fatty acid metabolism and energy production in cardiac and skeletal muscle. It is involved in fatty acid oxidation as part of the carnitine shuttle. L-carnitine shuttles fatty acids from the cytosol (the cell fluid) into the mitochondria (the cell's powerhouses) for oxidation and energy production. L-carnitine is necessary in muscle whenever fat is utilized as an energy source. Heart muscle always uses fat for its continuous energy demands. Human skeletal and cardiac muscles contain relatively high L-carnitine concentrations which they receive from plasma, since they are incapable of L-carnitine biosynthesis themselves. About 95 % of the body's L-carnitine stores are located in skeletal and heart muscle.

**Cardio-Edge®:** Cardio-Edge® supplies a patented combination of polymethoxylated flavones (PMFs) from citrus fruit and tocotrienols from palm, plant sterols, and standardized pomegranate extract to help support cardiovascular health and already normal cholesterol metabolism. Science on PMFs dates back to the 1960s on their antioxidant properties. Specifically, with respect to cholesterol metabolism, PMFs have been shown to support normal levels of apolipoprotein B, the structural protein needed for the synthesis of LDL-cholesterol. Research has shown that supplementation with plant sterols can also play significant roles in supporting already healthy cholesterol levels.

**Opti-EPA:** These enteric-coated softgels contain essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, Opti-EPA is an excellent source of these fatty acids, providing 660 mg of eicosapentaenoic acid (EPA) and 340 mg of docosahexaenoic acid (DHA) per serving. The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E1 and E3, whereas DHA is of primary importance for the structural integrity of neuronal membranes. Studies have shown that EPA, along with DHA

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may play an important role in cardiovascular health. Opti-EPA is enteric-coated, significantly reducing the “fishy” taste sometimes associated with marine lipid supplements.

Citrus Solu-Q™: Citrus Solu-Q™ is a liquid filled capsule containing natural coenzyme Q10 in a patented, self-assembling nano-colloid delivery system for enhanced absorption. When mixed with an aqueous phase, this formula, based on proprietary technology, results in the spontaneous formation of a nano-colloidal solubilized CoQ10. This colloidal delivery system contains a highly uniform distribution of droplets that are typically less than 100 nm in diameter, and allows for enhanced absorption of coenzyme Q10.

**INDICATIONS**

Ultra-Cardio Support Pack may be a useful dietary supplement for individuals wishing to support cardiovascular function.

**FORMULA (#66354)**

1 Pack Contains:

Calories .....	16
Calories from Fat .....	16
Total Fat .....	1.8 g
Vitamin A ††† .....	7,500 IU
(33% [2,500 IU] as Vitamin A Palmitate/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids	
Vitamin C ) .....	700 mg
(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex	
Vitamin D-3 .....	500 IU
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols) .....	610 IU
providing a minimum of:	
Gamma-tocopherol .....	280 mg
Beta and Delta-tocopherols .....	40 mg
Thiamine .....	50 mg
Riboflavin .....	25 mg
Niacin/Niacinamide .....	95 mg
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex) .....	50 mg
Folate (as L-methylfolate, Metafolin) .....	400 mcg
Vitamin B-12 .....	125 mcg
(as methylcobalamin)	
Biotin .....	150 mcg
Pantothenic Acid .....	250 mg
(as d-Calcium Pantothenate)	
Calcium .....	250 mg
(as Calcium Citrate/Ascorbate Complex)	
Iodine (from Kelp) .....	100 mcg
Magnesium .....	250 mg
(as Magnesium Aspartate/ Ascorbate Complex)	
Zinc (as Zinc Amino Acid Chelate) .....	13 mg
Selenium .....	100 mcg
(as Selenium Krebs††/Kelp complex)	

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Copper (as Copper Amino Acid Chelate) .....	1 mg
Manganese .....	5 mg
(as Manganese Aspartate Complex	
Chromium ) .....	100 mcg
(Organically bound with GTF	
activity—low allergenicity	
Molybdenum .....	50 mcg
(as Molybdenum Krebs	
Potassium .....	50 mg
(as Potassium Aspartate Complex	
EPA (Eicosapentaenoic acid).....	660 mg
DHA (Docosahexaenoic acid) .....	340 mg
L-Carnitine .....	500 mg
Plant Sterols (Phytosterols) (from soy) .....	400 mg
Sytrinol™ .....	150 mg
(Proprietary extract of polymethoxylated	
flavones and tocotrienols from citrus	
and palm fruits)	
Proprietary Organic Fruit and .....	350 mg
Vegetable Blend	
Organic beet powder (root), Organic carrot powder (root),	
Organic black currant powder (fruit), Organic blueberry	
powder (fruit), Organic broccoli powder (whole plant),	
Organic Concord grape powder (fruit), Organic green cabbage	
powder (whole plant), Organic collard greens powder (leaf),	
Organic mountain cranberry powder (fruit), Organic kale	
powder (whole plant), Organic Parsley powder (whole plant),	
Organic pomegranate powder (fruit), Organic raspberry powder (fruit),	
Organic spinach powder (whole plant).	
Natural Coenzyme Q10.....	100 mg
L-Cysteine/N-Acetyl L-Cysteine .....	75 mg
Betaine (from 75 mg Betaine HCl) .....	57 mg
Standardized Pomegranate Extract (fruit).....	50 mg
(Standardized to 40% ellagic acid)	
Garlic (bulb, Pure-Gar®, odorless).....	50 mg
Cauliflower (entire plant) .....	50 mg
Spirulina.....	50 mg
Chlorella (broken cell wall) .....	50 mg
Green Papaya Extract (fruit) .....	50 mg
Inositol .....	50 mg
Rose Hips .....	50 mg
Lemon Bioflavonoids .....	50 mg
Blackberry (fruit) .....	40 mg
Celery powder (leaf) .....	35 mg
Black radish powder (root) .....	35 mg
Apricot powder (fruit) .....	35 mg
Choline .....	30 mg
(from 75 mg Choline Citrate/Bitartrate)	
Green Tea Extract (leaf).....	25 mg
PABA (para-aminobenzoic acid) .....	25 mg
Apple Pectin (fruit).....	25 mg
Mixed Tocotrienols (from palm) .....	25 mg

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Bromelain (2,000 GDU/g).....	25 mg
Red Wine Proanthocyanidins/.....	25 mg
Pine Bark Extract (OPC 85) (J.Mesquellier U.S. Patent No. 4,698,360)	
Hesperidin .....	17.5 mg
Rutin .....	12.5 mg
Glutamic Acid .....	10 mg
(from 12.5 mg Glutamic Acid HCl)	
L-Methionine.....	6 mg
Lutein (natural) .....	3 mg
Lycopene (natural) .....	3 mg
Boron.....	0.75 mg
(as Boron Aspartate/Citrate complex)	
Zeaxanthin .....	0.5 mg
Trace Elements approx. ....	50 mcg
(from Sea Vegetation)	
Vanadium (as Vanadium Krebs††) .....	25 mcg

†† Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

††† Including Beta-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

### SUGGESTED USE

As a dietary supplement, adults take 1 pack daily or as directed by your healthcare professional. This product is best taken with meals and the pack contents can be divided up and taken throughout the day.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Ultra-Cardio Support Pack visit [douglaslabs.com](http://douglaslabs.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.

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Your patients trust you.**

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