



— VEGETARIAN —

COMPREHENSIVE HEART HEALTH

— GLUTEN FREE —

L-CARNITINE • CoQ10 • HAWTHORN

With Homocysteine Factors: B6, B12, Folic Acid & TMG

Clinician-formulated Comprehensive Heart Health is intended to provide nutritive support for cardiovascular health. Our premium researched ingredients feature 100 mg of CoQ10, preferred levels of L-carnitine and hawthorn extract, taurine and more.

Cardiovascular diseases – congestive heart failure, coronary artery disease, stroke, etc. – are the leading causes of death in the industrialized world. Poor nutrition and anti-health factors such as inactivity, excess body weight, cigarette smoking and chronic stress all contribute to the high rates of cardiovascular and other chronic diseases that plague contemporary society.

The cardiovascular system comprises both heart muscle and blood vessels. **Cardio health** is experienced when the heart muscle is strong and regular in its contractions, sufficiently fed with nutrients from the blood, and capable of sustaining the energy metabolism needed by its own cells. **Vascular health** occurs when vessels are supple (easily distensible), vascular walls are sturdy, and linings are free of blockages. Hence true, **nutritive support for cardiovascular health must be comprehensive** – addressing both *heart tissue* health and *blood vessel* stability, integrity and elasticity.

PIONEER® *Comprehensive Heart Health* is a superior quality product formulated by practicing clinicians to help provide nutritive support for a healthy cardiovascular system. It combines meaningful amounts of a number of physiologically relevant nutrients to help support healthy heart and vascular function.

CONSIDER THESE PIONEER® ADVANTAGES:

1. 100 mg of Heart-Friendly Coenzyme Q10.

Widely used in Europe, Japan and the US, CoQ10 is a fat-soluble, vitamin-like essential substance produced in small amounts within the body. CoQ10 participates in energy production inside the mitochondria of cells – notably heart muscle cells, which require a steady supply of energy. CoQ10 also serves as an antioxidant in cell membranes, and is noted for helping to provide nutritive support for healthy cellular and mitochondrial function.¹ The body begins to produce less CoQ10 during the third decade of life.

One of the most well-researched suggested benefits of CoQ10 is helping to support overall efficiency of cardiac function.^{1,2} Many health professionals recommend 30 to 150 mg of CoQ10 daily with meals to help support cardiovascular health.

2. L-Carnitine - Cardiac Energizer. Carnitine enables long chain fatty acids to enter the mitochondria for energy production. Because the heart depends on fats for energy, sufficient levels of carnitine are helpful for cardiovascular health. L-carnitine supplementation has been suggested to help provide nutritive support for healthy cardiac function and metabolism in many ways, notably for normal coronary blood flow and healthy heart rhythm.³

3. Hawthorn - Traditional Cardiotonic. Used for centuries to help provide nutritive support for a healthy heart and circulatory system, hawthorn berries contain naturally-occurring proanthocyanidins. Extensive modern research using a special leaf and flower extract has investigated the specific actions and general adaptogenic effects of the herb. Hawthorn is highly regarded for its purported ability to help support overall heart function.⁴ PIONEER® *Comprehensive Heart Health* provides meaningful levels of the clinically researched leaf and flower extract, plus whole hawthorn berry powder.

5. Homocysteine Factors. Homocysteine is an intermediate compound made by the body during the conversion of the amino acid *methionine* to *cysteine*. Homocysteine is believed to damage arterial walls by reducing smoothness and integrity. Vitamins B6, B12 and folic acid are required to convert homocysteine back into a harmless amino acid. These three B vitamins, along with betaine (TMG), are often referred to as “homocysteine factors” due to their well-known ability to help support healthy homocysteine levels.^{5,6} When homocysteine factors are absent or diminished, homocysteine levels may become elevated.

6. Niacin for a Healthy Heart. Niacin may provide nutritive support for healthy levels of “good” HDL cholesterol.⁷ PIONEER® *Comprehensive Heart Health* contains a flush-free form of niacin, inositol hexaniacinate.

7. Relaxing Magnesium. Magnesium is a critical heart nutrient. It plays a key role in certain enzymatic reactions related to heart muscle contractility and metabolism, and helps to dilate and relax vascular and arterial smooth muscle.⁸

8. Taurine - Antioxidant Amino Acid. As a conditionally essential nutrient, taurine is needed by the body to perform numerous activities. It is the most prevalent amino acid within cells and is a potent antioxidant. Taurine is found abundantly in healthy cardiac muscle. Studies suggest a potential role for taurine supplementation in helping to provide nutritive support for various aspects of healthy cardiovascular structure/function.^{3,10}

(over →)

9. Chromium, Key Micro-Mineral.

Found naturally in very small amounts in whole grains and some fruits and vegetables, chromium is needed by the body for healthy metabolism. Studies suggest that higher levels of chromium are present in people with healthy hearts.¹¹

10. Vitamin E as Mixed Tocopherols. A powerful fat-soluble antioxidant, vitamin E has long been recognized as potentially beneficial to a healthy cardiovascular system.¹² Some research suggests that the gamma-tocopherol form may be superior to the alpha form in helping to help provide nutritive support for specific areas of blood vessel and artery health.¹³

11. Black Pepper to Increase Bioavailability. Bioperine® is a highly concentrated extract (95% piperine) of black pepper. Used as a bioavailability enhancer, piperine has been suggested to support enhanced CoQ10 absorption, as well as the absorption of other vitamins, minerals and herbs.¹⁴

12. Pre-Emulsified for Better Absorption. The fat-soluble nutrients *CoQ10* and *vitamin E* are generally well-absorbed. However, some people have difficulty absorbing fats and fat-soluble nutrients, resulting in compromised uptake.¹² To help enhance absorption, PIONEER® pre-emulsifies the fat-soluble ingredients in this formula with natural, non-GMO soy lecithin. This process is designed to create extremely tiny droplets that may be conducive to more complete absorption than results with ordinary dry forms of CoQ10 and vitamin E.

Serving Size 2 capsules Bottles of 60 capsules	AMOUNT PER SERVING	%DV
Niacin (inositol hexaniacinate)25 mg	.125%
Vitamin B6 (5:1 pyridoxine HCl:pyridoxal 5'-phosphate)25 mg	.1250%
Folic Acid	1000 mcg	.250%
Vitamin B12 (methylcobalamin)	1000 mcg	.16667%
Magnesium (2:1 taurate:oxide)	100 mg	.25%
Chromium (chromium polynicotinate)300 mcg	.250%
L-Carnitine L-tartrate (supplying 340 mg L-carnitine)	500 mg	.*
Coenzyme Q10	100 mg	.*
Mixed Tocopherol Concentrate (gamma-, delta-, alpha-, beta) 100 IU*
Trimethylglycine (TMG) (Betaine)50 mg	.*
Taurine (as magnesium taurate)	130 mg	.*
Hawthorn <i>Crataegus oxyacantha</i> Leaf/Flower Extract (standardized to 4.5 mg [1.8%] vitexin)250 mg	.*
Hawthorn <i>Crataegus oxyacantha</i> Berry25 mg	.*
Lecithin (soy) (non-GMO)30 mg	.*
Black Pepper Extract <i>Piper nigrum</i> (95% piperine) [Bioperine®] .2 mg*

* Daily Value (DV) not established

Other ingredients: vegetarian capsule (cellulose), maltodextrin (carrier), acacia (carrier), vegetable magnesium stearate, cellulose, soybean oil, guar gum, silica. Bioperine® is a registered trademark of Sabinsa Corp.

NOTE: Some ingredient details may be abbreviated on actual product labels. ^{11,07}

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