



Cardio/Heart Smart™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

BUILD A HEALTHY HEART NATURALLY!

The heart is an amazing organ. A complex four-chambered muscle, each beat of the heart moves deoxygenated blood to the lungs and oxygenated blood into the arteries to be circulated throughout the body. The heart pumps for us day in and day out for all of our lives. When it comes to keeping us alive and ticking, the heart is definitely the most important muscle in the body!

A healthy heart serves us well. But when the heart's health is challenged in any way, the consequences can be devastating. Countless numbers of people have reduced heart function with at-risk health or decreased quality of living.

To protect and recover the heart's health, it is important to increase blood oxygen uptake and tonify the circulatory system tissues to re-establish elasticity and tone.

Cardio/Heart Smart™ tonifies the circulatory system's tissues and increases the elasticity of heart muscle cells while working to support proper blood pressure. Cardio/Heart Smart™ increases oxygen uptake in the circulatory system, which is essential to cardiovascular health. This formula causes a tonic-cleansing effect on the liver that also benefits the circulatory system as a whole.

While Cardio/Heart Smart™ is strongly building to cardiovascular tissues, it is gentle enough to be used every day as a tonic to build and rebuild cardiac tissue health over a period of time. The benefits of this formula are cumulative. To get the full benefits, take regularly for several weeks or more at support amounts, then reduce amount taken for maintenance.

CONTAINS: Hawthorn berry, ginkgo leaf, blessed thistle leaf/stm/flwr, motherwort leaf/stem/flower, blue vervain leaf, prickly ash bark, and mB!™ Liquid Trace Minerals in a kosher certified glycerin/purified water TincTract® base.

NOTE: Those on cardio-tonic or blood pressure medications should only use this formula with physician's support. Discontinue two weeks before scheduled surgery.

SUGGESTED USE: 1/2–2/3 tsp (2.46–4 ml) 2 to 3 times a day for rebuilding. Reduce to 1/3–1/2 tsp (2–2.46 ml) 1 to 3 times a day for maintenance.

MORE ABOUT THE HERBS IN THIS FORMULA:

• Hawthorn Berry (*Crataegus laevigata*) tonifies and gives increased elasticity to the heart muscles due to its rich flavonoid content. It protects the arteries and veins, increases coronary circulation and blood flow, increases heart strength and reduces cholesterol levels. Hawthorn berry dilates coro-

nary blood vessels and helps more oxygen-rich blood get to the heart, reducing the risk of oxygen deprivation. Hawthorn fights build up of plaque in the arteries by converting LDL cholesterol into HDL cholesterol to clear the arteries of plaque and has antioxidant action that helps prevent plaque formation.

• Ginkgo Leaf (*Ginkgo biloba*) is one of the oldest living tree species on earth. Ginkgo increases oxygen to the circulatory system and is high in cardio-tonic antioxidant flavonoids that tonify and stimulate oxygenated cerebral/circulatory activity, making it effective for building heart health. Ginkgo inhibits plaque development in arteries.

• Blessed Thistle Leaf/Stem/Flower (*Cnicus benedictus*) gently detoxifies the liver and the blood and is high in magnesium, which is necessary for tissue building. It improves circulation, cleanses the blood, strengthens the heart, and helps rebuild liver tissues.

• Motherwort Leaf/Stem/Flower (*Leonurus cardiaca*), whose Latin name means "lion heart", is so named because it was used to strengthen weak hearts. Motherwort has a positive action and a tonic effect on the heart. It strengthens the heart beat without increasing pulse rate. Motherwort sedates and relaxes coronary arteries, which increases circulation to the heart and lowers blood pressure.

• Blue Vervain Leaf (*Verbena hastata*) relaxes the nervous system and has a profound effect in alleviating tension associated with blood pressure. It strengthens the nervous system, promotes liver and gallbladder health, and reduces tension and stress.

• Prickly Ash Bark (*Zanthoxylum americanum*) stimulates circulation to the peripheral capillaries, thereby sustaining blood flow throughout the circulatory system. Prickly ash is pain relieving and tonifies vascular veins.

• mB!™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process. The complex trace mineral compounds found in mB!™ enrich and assist important enzymatic processes essential healthy cardiovascular function.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Antioxidant Berries Plus™, Brain Booster, Cholesterol•Balance™, Healing Mushrooms™, Herbal Minerals™, Lively Liver Plus™, Memory Plus™, microBURST!™, Single TincTract® of Hawthorn Berry

Item # 316 2 oz; #317 4 oz; #318 8 oz

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