TECHNICAL DATA SHEET

MOUNTAIN PEAK NUTRITIONALS®

ORGAN SUPPORT

CARDIO HEALTH™

Powerful antioxidant. Supports normal blood pressure.

Cardio Health formula is a combination of vitamins, minerals, amino acids, and botanical medicines that nutritionally support and help optimize cardiovascular performance. The nutrients in Cardio Health formula play an essential role in preserving, protecting, and strengthening heart tissue. In addition, they support healthy cholesterol levels, the circulatory system, and greater energy production.

Supplement Facts

Serving size: 3 capsule

Servings per container: 30

Amount per serving		%DV
Vitamin B5 (as D-Calcium Pantothenate)	150 mg	3000%
Vitamin B6 as Pyridoxine HCl 30 mg as Pyridoxal-5-Phosphate 10 mg	40 mg	2353%
Folinic Acid (as Calcium Folinate) 1000 mcg	1667 mcg DFE	417%
Vitamin B12 (as Methylcobalamin)	400 mcg	16667%
Magnesium (as Citrate-Malate)	150 mg	36%
Chromium (as Nicotinate)	200 mcg	571%
Potassium (as Citrate)	150 mg	3%
L-Taurine	400 mg	*
L-Carnitine (as Tartrate)	200 mg	*
Hawthorn Extract (berry) (Crataegus spp) (>2% vitexins)	200 mg	*
Gynostemma pentaphyllum Extract (whole herb) (20% gypenosides)	60 mg	*
Coenyzme Q-10	50 mg	*

* Daily Value not established.

Other ingredients: capsules (gelatin, purified water), rice flour, silica

INGREDIENTS:

Coenzyme Q-10

Coenzyme Q-10 is a fat-soluble vitamin-like compound present in virtually all cells (75% is found in the mitochondria and the nucleus of the cell) and especially in high concentrations in the heart, liver, kidney, and pancreas. Its primary functions include activity as an antioxidant and free radical scavenger, a membrane stabilizer, and as a cofactor in many metabolic pathways, particularly in the production of adenosine triphosphate (ATP) in oxidative respiration (1). Intercellular coenzyme Q-10 declines with age and by taking certain medications. Coenzyme Q-10 supplementation supports a healthy heart and circulatory system.

L-Carnitine

L-carnitine is naturally found in the body, especially in the cardiac and skeletal muscles. L-carnitine plays a key role in cellular energy production. Carnitine is essential in the transport of fatty acids into the mitochondria and used for energy production. It is essential for beta-oxidation of long-chain fatty acids in the mitochondria. To enter the mitochondria, fatty acids must bind to coenzyme A, forming fatty acyl-CoA. Long-chain fatty acyl-CoA molecules are too large to cross the internal mitochondrial membrane and rely on enzymatic transportation that requires L-carnitine. In the mitochondria, fatty acids undergo beta-oxidation to ATP and L-acetyl-carnitine is excreted to begin a new transport cycle (2). A deficiency of carnitine results in reduced energy production.

Replaces all previous versions: 8.13.21

Taurine

Taurine is a conditionally essential amino sulfonic acid that is found in large amounts in the human brain, retina, heart, and platelets (3). Oral taurine alters intracellular calcium movement, supporting heart function. Taurine supports healthy blood pressure and flow and may normalize excessive sympathetic nervous system activity.

B5 D-Calcium Pantothenate

D-calcium pantothenate is required for intermediary metabolism of carbohydrates, proteins, and lipids. It is a precursor of coenzyme A, like pantethine, and other similar molecular structures of pantothenic acid (B5), which is required in the acetylation reactions in gluconeogenesis in the release of energy from carbohydrates; in the synthesis and degradation of fatty acids; and in the synthesis of sterols, steroid hormones, porphyrins, acetylcholine, and other compounds. D-calcium pantothenate appears to be essential to normal epithelial function (4).

B6 Pyridoxal-5-Phosphate and Pyridoxine HCl

B6 is required for amino acid metabolism. It is also involved in carbohydrate and lipid metabolism (1). In the body, with the necessary cofactors, pyridoxine is converted to the biologically active form of B6 pyridoxal-5-phosphate. Decreased pyridoxine concentrations are associated with increased plasma levels of C-reactive proteins (CRP).

B12 Methylcobalamin

Vitamin B12 is a naturally occurring B complex vitamin that is formed by microorganisms. Cyanocobalamin and hydroxocobalamin are the synthetic forms of B12. Vitamin B12 is required for nucleoprotein and myelin synthesis, cell reproduction, normal nerve cell activity, DNA replication, and normal erythropoiesis. B12 is absorbed via an active transport system in the terminal ileum. This requires the glycoprotein, intrinsic factor, which is produced by the stomach.

Folinic Acid

Folinic Acid is needed for normal DNA synthesis. After folinic acid is absorbed, it is reduced to tetrahydrofolate and then enters a methylation cycle (5). In humans, tetrahydrofolate-based coenzymes play a major role in intracellular metabolism. Tetrahydrofolate plays an indirect role in the rate-limiting step of DNA synthesis. Folinic Acid deficiency disturbs cell cycling and may affect the function and longevity of the cell (6). Folinic acid supports healthy DNA replication (7).

Chromium

Chromium is an essential trace element. Low chromium levels are associated with overall cardiovascular health (10).

Magnesium

Magnesium is involved with more than 300 enzyme systems as well as playing an essential role in more than 300 cellular reactions (8). Our bodies contain 25 grams (less than one ounce) of magnesium. Magnesium is required for the formation of cyclic AMP (cAMP) and is involved in ion movements across cell membranes.

Potassium

Potassium is a mineral that plays a role in many body functions including acid-base balance, electrodynamic characteristics of the cell, isotonicity, and various enzymatic reactions (9). Potassium is required for normal blood pressure. Potassium depletion occurs when deficient levels of magnesium are present in cardiac and vascular muscle cells. Without adequate stores of magnesium, potassium is not retained.

Hawthorn Berry

Hawthorn berry contains the active constituents that include flavonoids, such as vitexin, rutin, quercetin and hyperoside and oligomeric proanthocyanidins (OPC's) such as epicatechin and procyanidins. Hawthorn berry (Crataegus oxycantha) has properties to support heart health (11).

Gynostemma Pentaphyllum (Jiaogulan)

Gynostemma contains 82 distinct saponins that are referred to as gypenosides. Each of these gypenosides has a unique property. The gypenosides qualities are used to support healthy cholesterol levels and to support the cardiovascular system.

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mtnpeaknutrition.com

MOUNTAIN PEAK NUTRITIONALS®
9953 SW Arctic Drive
Beaverton, OR 97005

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ENJOYED FOR VITALITY