



TruVision Heart and Hydration

CoQ10:

CoQ10 is an enzyme found in all cells throughout the body and is essential for the conversion of glucose into cellular energy. However, several reports show that as one ages their levels of CoQ10 decrease and low levels are observed in those with many cardiovascular ailments. In this formula, CoQ10 is added to promote cardiovascular health.

D-Ribose:

D-Ribose is the basic building block of our DNA molecules. Evidence suggests that a diet rich in D-Ribose promotes better muscle endurance. Additionally, several scientific reports suggest that D-Ribose may improve

blood flow to the heart and allow for increased circulation throughout the body.

Di-Calcium Malate:

Calcium is one of the most essential elements in our bodies because it aids in heart muscle function and rhythm. However, only 20-30% of the calcium we consume through our food is absorbed into our bodies. Di-Calcium Malate is a combination of the two natural ingredients Malic Acid and Calcium. When they are conjugated together, it enables increased amounts of Calcium to be absorbed into our bodies.

Di Potassium Phosphate & Potassium Citrate:

Besides serving as excellent sources for electrolyte replacement, these ingredients help to deter the build up of lactic acid in the body. Lactic acid has the potential to decrease strength and endurance. These compounds assist in the body's energy metabolism. A sustained sufficient level of electrolytes in the body also helps improve synaptic functions of the brain.

Elderberry:

Elderberries are used for their antioxidant activity, ability to lower cholesterol, improve vision, boost the immune system, improve heart health and for coughs, colds, flu, bacterial and viral infections, and tonsillitis. Bioflavonoids and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell. Elderberries contain organic pigments, tannin, amino acids, carotenoids, flavonoids, rutin, viburnic acid, vitamin A and B and a large amount of vitamin C.

Ginseng:

Largely known for its cognitive properties, ginseng has also been reported to aid in several aspects of heart health. Ginseng is thought to attribute to the induction of human cholesterol metabolizing enzymes making one able to properly utilize ones cholesterol. Additionally, the relaxation properties of ginseng have been reported to show in several types of smooth muscle tissue, including the heart.