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From the desk of

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## CardioLife Q&A

### What is CardioLife?

CardioLife is a scientifically formulated dietary supplement providing vitamins, minerals and plant extracts that support cardiovascular health and blood circulation throughout the body. **The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid have shown to support the health of the arteries and ensure maximum blood flow throughout the body.**

### What is VitaMK7?

**CardioLife contains a unique and well-studied brand of Vitamin K2 called VitaMK7.** Known as the highest quality, most active form of Vitamin K2, VitaMK7 is pure Menaquinone-7 (MK7). Menaquinone-7 (MK7) has been well studied and shown to enhance blood flow and strengthen bones by removing calcium from the blood and depositing it in the bones, where it belongs.

### Does Vitamin K2 (MK7) have a role in bone strength and health?

Yes! Numerous studies have shown that Vitamin K2 (MK7) builds bone strength by removing calcium from the blood and depositing it in the bones. This also accounts for its heart health abilities as it reduces calcium build up in the arteries.

### What is the daily dosage used in the research studies involving Vitamin K2?

Most of the studies done on heart health and bone health have used a daily dosage of 180 mcg per day of vitamin K2 (MK7).

### What is the role of Hawthorn Extract in the formula?

Hawthorn has an extensive history of use in cardiovascular disease, dating back to the first century. Hawthorn is used for cardiovascular conditions such as congestive heart failure (CHF), coronary heart disease, angina, and arrhythmias. Very high in polyphenols, hawthorn acts a strong antioxidant and anti-inflammatory with many additional benefits to the body.

### When is the best time to take CardioLife?

**CardioLife can be taken anytime of the day,** however it is best to take CardioLife with food to ensure maximum absorption.

### What are the primary benefits of taking CardioLife?

Health Canada allows the following claim to be used for CardioLife: **"helps support cardiovascular health and blood flow throughout the body"**. As CardioLife contain Vitamin K2 (MK7), it also helps strengthen the bones.

### How does CardioLife help the cardiovascular system and proper blood flow?

The job of the arteries is to take blood from the heart and circulate it through the body. **The ingredients in CardioLife support healthy and pliable (soft, flexible) arteries and help ensure that blood flows through the arteries easily and is not "blocked" by calcium and cholesterol build ups.**

### What causes blockages in the arteries – also known as "hardening of the arteries"?

These blockages are typically caused by calcium, cholesterol and other substances sticking to a damaged artery wall. Eventually this build up and can lead to a total blockage of an artery which can lead to a heart attack or other life threatening cardio event.

### Can improving blood flow help other areas of the body?

Absolutely! Studies have shown that **improving blood flow can help with overall brain health and memory functions.** Also, people with diabetes benefit greatly by improvements in blood flow to the extremities of the body (feet, hands).

### Can I take CardioLife if I am taking blood thinners?

We advise that if you are currently taking blood thinners, you **discuss CardioLife with your doctor prior to taking.** As well, do not exceed the suggested daily dosage as listed on the label.

### What is the youngest age someone can take CardioLife?

As a general rule, a teenager & older can safely use CardioLife.

### Are the B Vitamins the same amounts in all countries?

Vitamin B6 and Vitamin B12 are the same levels in all countries. Folic acid is lower in the Philippines due to FDA regulations.

### How many CardioLife capsules is it safe to take daily?

Anyone who is on blood thinners should (after consulting with their doctor) **take 2 capsules daily as per the label recommendations.** Anyone else can take up to 6 capsules daily. **The research showing the maximum benefits of Vitamin K2 are all based on a daily dosage of 180 mcg - which is equal to 6 capsules in the Philippines formula.**

### Can someone who wears a pacemaker safely use CardioLife?

Anyone with a serious medical issue of this nature should consult with their doctor prior to taking CardioLife. Unless the doctor advises otherwise, the product is generally safe to use at the daily dosage as suggested on the label.

### Is CardioLife safe for pregnant or nursing women?

As a general rule and at the daily dosage as suggested on the label, CardioLife is safe for pregnant or nursing women. However, if anyone is concerned, they should consult with their doctor prior to using the product.

