



## TARGETED CARDIOVASCULAR SUPPORT FORMULAS

PRODUCT	DOSING	THERAPEUTIC ACTIONS
<b>Cho-Less® (*)</b>	2 capsules; 2-3 times per day. Take with or without food.	<ul style="list-style-type: none"> <li>Promotes healthy blood lipid metabolism*</li> </ul>
<b>Cardio Tonic-BP® (*)</b>	3 capsules; 1-2 times per day. Take with or without food. Best taken mid-morning and mid-afternoon.	<ul style="list-style-type: none"> <li>Maintains healthy blood pressure already in the normal range*</li> <li>Strengthens heart muscle function*</li> </ul>
<b>Iron Synergy®</b>	1 capsule; 1-3 times per day. Take 1 hour before or 2 hours after meals. Avoid taking with caffeine or dairy.	<ul style="list-style-type: none"> <li>Supplies food-grown, bioavailable iron with select botanicals to build blood and support overall health*</li> </ul>
<b>Night Gain®</b>	4-6 capsules in the evening before bed. Take with or without food. Avoid when nursing.	<ul style="list-style-type: none"> <li>Encourages healthy testosterone levels essential for heart muscle health*</li> <li>Promotes healthy blood circulation*</li> </ul>

## FOUNDATIONAL CARDIOVASCULAR SUPPORT FORMULAS

<b>Complete Omega Essentials®</b>	4 softgels; 1-2 times per day. Take with or without food.	<ul style="list-style-type: none"> <li>Supports healthy cardio-related inflammatory response*</li> </ul>
<b>CV-Res-Q™</b>	2 softgels; 2-3 times per day. Take with or without food.	<ul style="list-style-type: none"> <li>Assists in the control of free radicals*</li> <li>Supports mitochondrial function*</li> </ul>
<b>Amino Whey Pro Advantage™</b>	15-30 grams (1-2 scoops) per day. Take with or without food. Can be added to water, juice, yogurt, or smoothie.	<ul style="list-style-type: none"> <li>Aids mitochondrial function and ATP production*</li> <li>Promotes healthy heart muscle*</li> <li>Promotes healthy blood circulation*</li> </ul>
<b>Quercetin Plus</b>	1-2 caps, 2x per day. Take on empty stomach.	<ul style="list-style-type: none"> <li>Benefits endothelial function*</li> <li>Supports healthy blood pressure and lipid metabolism*</li> </ul>

(\*) SPECIAL NOTE FOR CALIFORNIA: DOSING AT THE HIGHER SIDE OF RANGES FOR CERTAIN BOTANICAL-BASED PRODUCTS MAY EXCEED PROP 65 LIMITS FOR HEAVY METALS. PRACTITIONER SHALL COMPLY WITH THE PROP 65 WARNING REQUIREMENTS FOR EACH AFFECTED PRODUCT DOSED AT THE HIGHER RANGES TO CALIFORNIA PATIENTS. AFFECTED PRODUCTS ARE IDENTIFIED WITH AN ASTERISK IN THE CHART PRECEDING THIS NOTE. WARNING STICKERS ARE AVAILABLE FOR THE PRACTITIONER TO APPLY AS NEEDED UPON REQUEST. THE PRACTITIONER SHALL INDEMNIFY, DEFEND AND HOLD HARMLESS NATURA, ITS OFFICERS, DIRECTORS, SHAREHOLDERS, AND EMPLOYEES AND AGENTS AGAINST COSTS AND EXPENSES ARISING INDIRECTLY OR DIRECTLY OUT OF PRACTITIONER'S FAILURE TO COMPLY WITH THE LABELING REQUIREMENTS OF CALIFORNIA'S PROP 65.