



Put the power of  
**Heart Health**  
 in your hands.



Ingredient	Ingredient Benefits	Food Source Examples	Herbalife Heart Health Product(s)
<b>Astaxanthin</b>	<ul style="list-style-type: none"> <li>One of the most powerful antioxidants known today</li> <li>Protects the heart and other organs from oxidant stress*</li> </ul>	Salmon, rainbow trout, shrimp, lobster	Core Complex Tri-Shield™
<b>Alpha Lipoic Acid</b>	<ul style="list-style-type: none"> <li>Assists in dilation or expansion of vessels*</li> <li>Required for energy production, such as the energy required to support the heart*</li> </ul>	Beef kidney, beef liver, beef heart, spinach, broccoli	Core Complex Niteworks®
<b>Folic Acid</b>	<ul style="list-style-type: none"> <li>Protects the vascular system*</li> </ul>	Asparagus, broccoli, avacados, brussels sprouts, orange juice, spinach, fortified cereals	Niteworks®
<b>Garlic</b>	<ul style="list-style-type: none"> <li>Naturally occurring antioxidant that supports healthy circulation*</li> <li>Helps maintain healthy LDL cholesterol and triglyceride levels that are already within a normal range*</li> </ul>	Garlic	Mega Garlic Plus
<b>L-Arginine</b>	<ul style="list-style-type: none"> <li>Used by the body to make Nitric Oxide which causes blood vessels to widen or dilate and enhances blood flow*</li> <li>Nitric oxide, produced from L-Arginine, helps maintain blood pressure already within a normal range*</li> </ul>	Whole-wheat, nuts, seeds, peanuts, brown rice, meat, poultry, dairy	Niteworks®
<b>L-Citrulline</b>	<ul style="list-style-type: none"> <li>Supports the production of additional L-Arginine</li> </ul>	Melons, fish, meat, poultry, dairy	Niteworks®
<b>L-Taurine</b>	<ul style="list-style-type: none"> <li>Supports energy production*</li> <li>Supports Nitric Oxide production</li> </ul>	Organ meats, fish, oysters	Niteworks®
<b>Neptune Krill Oil (NKO®)</b>	<ul style="list-style-type: none"> <li>Provides 3 heart-healthy compounds: Omega-3 fatty acids, phospholipids and antioxidants for enhanced nutrient absorption and antioxidant protection*</li> </ul>	—————	Core Complex Tri-Shield™
<b>Omega-3 fatty acids</b>	<ul style="list-style-type: none"> <li>Help maintain healthy cardiovascular system by maintaining cholesterol and triglyceride levels already within the normal range*</li> </ul>	Salmon and other fatty fish, flax seeds, walnuts	Core Complex , Tri-Shield™ Herbalifeline®
<b>Quercetin</b>	<ul style="list-style-type: none"> <li>Antioxidant that protects cells from oxidant stress*</li> </ul>	Cabbage, cranberries, kale, pears, grapes, apples	Core Complex
<b>Plant Sterols</b>	<ul style="list-style-type: none"> <li>Shown to reduce LDL ("bad cholesterol") and total cholesterol by blocking cholesterol absorption*</li> </ul>	Whole soybeans, whole grains, healthy vegetable oils (ex: soy)	Core Complex
<b>Vitamin A (beta carotene, mixed carotenoids)</b>	<ul style="list-style-type: none"> <li>Antioxidant that protects the heart and other organs from oxidant stress*</li> </ul>	Deep green or deep yellow vegetables, carrots, spinach, kale, cantaloupe, apricots	Core Complex
<b>Vitamin C (ascorbic acid)</b>	<ul style="list-style-type: none"> <li>Antioxidant that protects the heart and other organs from oxidant stress*</li> <li>Helps preserve Nitric Oxide in the body</li> </ul>	Papaya, red bell peppers, broccoli, brussel sprouts, strawberries, oranges	Core Complex, Niteworks®, Mega Garlic Plus
<b>Vitamin E (D-alpha tocopherol, mixed tocopherols)</b>	<ul style="list-style-type: none"> <li>Antioxidant that protects the heart and other organs from oxidant stress*</li> <li>Helps preserve Nitric Oxide in the body• Supports circulation and strengthens blood vessels*</li> </ul>	Wheat germ oil, almonds, sunflower oil, safflower oil, hazlenuts	Core Complex, Niteworks® Tri-Shield™, Herbalifeline®
<b>Vitamin B-6</b>	<ul style="list-style-type: none"> <li>Promotes healthy homocysteine levels already within the normal range*</li> </ul>	Fortified cereals, beans, meat, poultry, fish, bananas, garbanzo beans	Core Complex
<b>Vitamin B-12</b>	<ul style="list-style-type: none"> <li>Promotes healthy homocysteine levels already within the normal range*</li> </ul>	Fish, meat, poultry, eggs, milk, and milk products	Core Complex

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.