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CARDIO

Cardio is a remedy specially design to improve conditions relating to circulation. In particular, the remedy is most suited to treat those who suffer from heart arrhythmia, angina pectoris, poor circulation or who lack stamina. It is very beneficial for those who have a genetically weak heart or where their lifestyle has led to strain on the cardiovascular system. Cardio is also imperative to use as a daily prophylactic where there are genetic (family) heart conditions.

New Zealand Herbals Cardio formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Cayenne:** Cayenne is one of the finest circulatory stimulants and equalisers known in herbal medicine. This amazing herb has the tendency to reduce blood pressure if it is too high and increase blood pressure if it is too low – essentially it is a blood pressure stabiliser.
It has also been seen to be very beneficial in cases of heart weakness and for those who are recovering from a heart attack (for these purposes, additional cayenne should be added to this remedy). It is also contained within this formula to aid in the effectiveness of other herbs.
- **Dan Shen:** Dan Shen acts as a circulatory tonic, hypertensive, anticoagulant, and sedative. Used traditionally in Chinese medicine for the treatment of 'blood stagnation' and coronary heart disease, its actions include the dilation of blood vessels. It also stimulates an increase in portal and liver flow, and acts as a natural chelating agent to the micro-vascular walls.
Through these properties it is capable of relieving ischemia (anaemia) of the tissues and enriching nutrition to cells to aid in the repair of damaged vessel walls. Overall, Dan Shen improves blood flow and reduces the tendency for red blood cells to stick together (platelet aggregation).
- **Hawthorne:** These amazing berries have a special action on the heart. They help to strength the heart muscle and promote longevity. They are particularly beneficial for nervous palpitations or heart problems which can occur with old age.
Hawthorne berries also increase peripheral blood flow and tend to reduce blood pressure by decreasing peripheral resistance.
- **Inula:** This traditional Ayurvedic herb is used to treat certain heart conditions, particularly angina. It aids in the oxygenation of the heart and has an overall calming effect (especially if one suffers from ischemic heart disease). Finally, it also has a slight pacifying effect on stressed or overactive adrenal glands.

Please be aware that you should consume this product for at least ninety days before its full benefits can be realised. However, for certain individuals, the product can be very fast acting.

PRECAUTIONS: If you are sensitive to the consumption of cayenne, please consult your health practitioner before consuming this product. Consumption of the product should start slowly, gradually building up the dosage to the recommended level if you do have such a sensitivity.

Typical Dose: Ten to fifteen drops on the tongue, one to three times daily with meals or as needed.