



HERBAL ANTIOXIDANTS

*Rust, radicals and scavengers!
This is not a Hollywood movie; it's your body!*

ANTIOXIDANT PRODUCTS

Bilberry

For increased efficiency in microcirculation to the eyes.

Olive Leaf

Known to deter oxidation of so-called "bad cholesterol"

Grape seed

May help reduce cholesterol levels and blood pressure. May also be useful for allergies, ulcers, teeth and gums, eyes, skin care, lungs and the nervous system.

Ginkgo biloba

Ginkgo has the ability to improve circulation through small blood vessels and capillaries.

Rosemary

Used traditionally to enhance and improve memory capabilities.

Heart Care Blend™

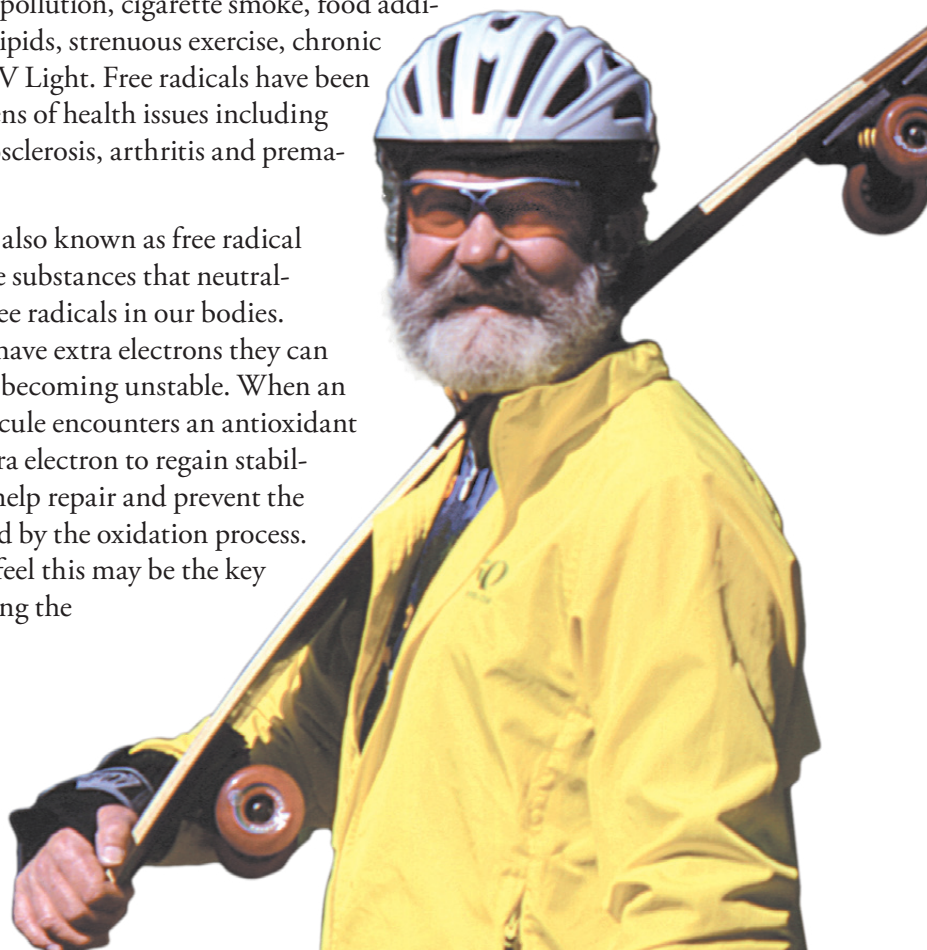
A combination of herbs known to benefit the heart and circulation.

PLEASE SEE
THE OTHER SIDE OF THIS SHEET
FOR MORE
ABOUT THESE PRODUCTS.

Free radicals are oxygen molecules that have either one too many or too few electrons, making them unstable and oxidizing the cells. These molecules take electrons from other stable molecules, making them unstable and causing damage to cells.

We can get free radicals from being exposed to chemicals and pesticides, air pollution, cigarette smoke, food additives, dietary lipids, strenuous exercise, chronic disease and UV Light. Free radicals have been linked to dozens of health issues including cancer, arteriosclerosis, arthritis and premature aging.

Antioxidants, also known as free radical scavengers, are substances that neutralize harmful free radicals in our bodies. Antioxidants have extra electrons they can share without becoming unstable. When an unstable molecule encounters an antioxidant it takes an extra electron to regain stability. This may help repair and prevent the damage caused by the oxidation process. Many people feel this may be the key to counteracting the aging process.



The Heart of Herbal Health®



BILBERRY

Bilberry is a powerful antioxidant that contains high amounts of flavonoids called proanthocyanidins and anthocyanins, powerful antioxidants that maintain strength and flexibility in capillary walls

thus allowing efficient flow through the capillaries. This increased efficiency in microcirculation is very helpful for the eyes.

OLIVE LEAF

Olive leaf has four important antioxidants: hydroxytyrosol, oleuropein, vanillic acid and verbascoside. Olive leaf has been shown to deter oxidation of so-called “bad cholesterol” or low-density lipoprotein (LDL), which may aid in cholesterol levels. Other possible

benefits include lowering blood pressure, dilating coronary arteries and reducing arterial fibrillation.

GRAPE SEED

Grape seed contains Oligomeric Proanthocyanidins, or OPC's, which are very powerful antioxidants. OPC's antioxidant action inhibits the oxidation of low-density lipoproteins (LDL), which may help reduce cholesterol levels and blood pressure. This strong antioxidant can protect oxidation of cellular DNA and cell mutations,

which can lead to cancer. OPC's found in grape seed may also be useful for allergies, ulcers, teeth and gums, eyes, skin care, lungs and the nervous system.

GINKGO BILOBA

Ginkgo biloba has been used for thousands of years in Asia to promote longevity. Ginkgo has the ability to improve circulation through small blood vessels and capillaries, which helps bring oxygen and nutrients to the brain, heart and all parts of the body. Research

has shown favorable effects on Alzheimer's disease and other memory challenging health issues.

ROSEMARY

Rosemary contains Rosmarinic acid, a powerful antioxidant, along with about a dozen other free radical scavenging compounds. Carnosol and ursolic acid, two chemicals found in rosemary are particularly rich in anti-tumor activities. Rosemary has been used traditionally to

enhance and improve memory capabilities, a very good brain “tonic” when used often, and is valuable when tending to tension headaches.

HEART CARE BLEND™

Heart Care Blend™ is a combination of herbs from Kroeger Herb Products that includes antioxidant rich herbs such as hawthorn berries, chickweed, and capsicum along with heart friendly motherwort and cramp bark. Hawthorn has powerful antioxidants that relax and dilate the arteries thus increasing oxygen and blood flow to the heart. Cayenne reduces blood cholesterol, triglyceride levels and platelet aggregation, which lowers the risk of developing atherosclerosis.

Chickweed helps dissolve and eliminate plaque build up in the blood vessels. Motherwort supports the heart and circulation and has been used traditionally for racing heartbeat and heart palpitations. Cramp bark is another supportive herb for the heart, relaxing spasms in arteries and helping to control poor circulation.