pellecomeFIT®
THE POWER TO PERFORM®

CARDIOVASCULAR HEALTH

CardioFit

CLINICAL APPLICATIONS

- Multidimensional Support for Cardiometabolic Health
- Enhances Cell Signaling for Efficient ATP Production
- Supports Blood Sugar Balance Already Within Normal Levels
- Maintains Healthy Cholesterol Levels Already Within the Normal Range

This product, a formula backed by extensive clinical research, is designed to address several factors associated with ideal cardiometabolic health. The powerful combination of berberine and alpha lipoic acid (ALA) helps maintain heart function, metabolism, antioxidant status, and lipid and glucose levels. This product provides a powerful formula for those seeking to optimize the multiple mechanisms of cardiovascular and metabolic health.

Overview

Clinical research shows that maintaining optimal cardiovascular health should address multiple metabolic factors.[1] The unique this product formula offers multidimensional support for cardiovascular health. Among their numerous benefits, berberine and alpha lipoic acid activate the master metabolic switch, adenosine mono-phosphate kinase (AMPK). Activation of this powerful metabolic enzyme triggers a variety of genes that help improve metabolism, stabilize mitochondria, and enhance insulin sensitivity.[3,4]

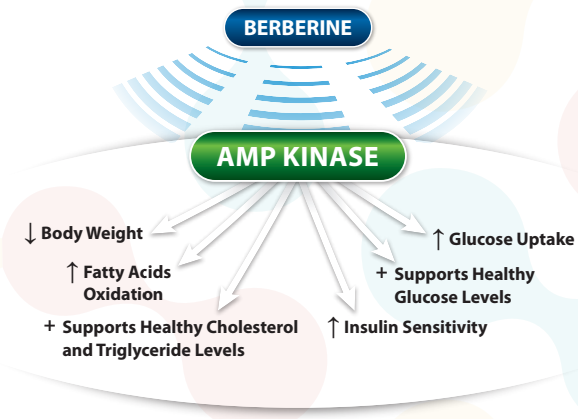
Berberine†

Berberine is a plant extract that has been used in Chinese and Ayurvedic medicine for over 2,500 years for its broad range of health-promoting properties. Berberine can be found in the roots and stems of plants such as *Hydastatis Canadensis* (goldenseal), *Coptis chinensis* (goldenthread), *Berberis aquifolium* (Oregon grape) and *Berberis vulgaris* (barberry).

Clinical trials have demonstrated that berberine administration supports cardiovascular health in a number of synergistic ways including maintaining blood pressure, supporting healthy heart contraction and rhythm and supporting healthy cholesterol levels.[5,6] A clinical trial with 32 subjects demonstrated that administration of 500 mg of berberine given twice daily for three months helped maintain healthy LDL cholesterol and triglyceride levels, versus the control group.[7] Another recent study using 500 mg of berberine was able to produce similar results, confirming berberine's powerful effect on specific cardiovascular markers including LDL cholesterol, HDL cholesterol and triglyceride levels.[8]

In addition to maintaining healthy lipid levels, berberine has also been shown to maintain healthy blood glucose levels through activation of AMPK.[9] AMPK coordinates both long-term and short-term metabolic changes, leading to an improvement in energy production and a reduction of energy storage. AMPK improves insulin sensitivity, and down-regulates genes involved in fat storage while activating genes involved with burning fat.[3] Activation of AMPK has been shown to stimulate the transcription factor involved in replicating mitochondria for increased metabolic potential.[10]

Berberine has also been shown to promote the uptake of glucose through a mechanism that does not require insulin, promoting better glucose usage within the cell.[11] A study examining



† 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.

berberine's metabolic supporting effects found that berberine improved glucose tolerance and maintained balanced insulin levels, while helping to maintain healthy total cholesterol and triglyceride levels after four weeks of berberine administration.[12]

Alpha Lipoic Acid†

Alpha lipoic acid (ALA) is a nutrient required for cellular metabolism, specifically the breakdown of carbohydrates and fatty acids.[13] ALA has been shown to support blood sugar balance already within normal levels by activating AMPK, a major regulator of cellular energy.[14] A study using a dose of 600 mg/day of ALA over three months demonstrated that ALA helps support healthy lipid levels while improving oxidative stress (reducing free radical damage) by 38%.[15] An additional study examining the effects of ALA on 74 subjects found that within the four-week, placebo-controlled trial, administration of 600 mg of ALA per day significantly enhanced glucose transport and utilization.[16] ALA is also a potent antioxidant. It scavenges free radicals while aiding in the regeneration of the body's antioxidants including vitamin C, vitamin E and glutathione.[17] Through its antioxidant-boosting mechanisms, ALA helps maintain healthy blood vessel and circulatory health.

Directions

3 capsules per day or as recommended by your health care professional.

Does Not Contain

Does not contain gluten, corn, yeast, animal or dairy products, artificial colors, artificial flavors or preservatives.

Cautions

If you are pregnant or nursing, consult your health care professional before taking this product.

Supplement Facts V2

Serving Size 3 Capsules
Servings Per Container 30

3 capsules contain	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbyl Palmitate)	10 mg	11%
Berberine Hydrochloride Hydrate	1 g	*
Alpha Lipoic Acid	200 mg	*

* Daily Value not established

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