

**Dr. Chauncey Grandall**, chief of the Cardiovascular Preventive Medicine Program  
at the Palm Beach Cardiovascular Clinic, reveals . . .

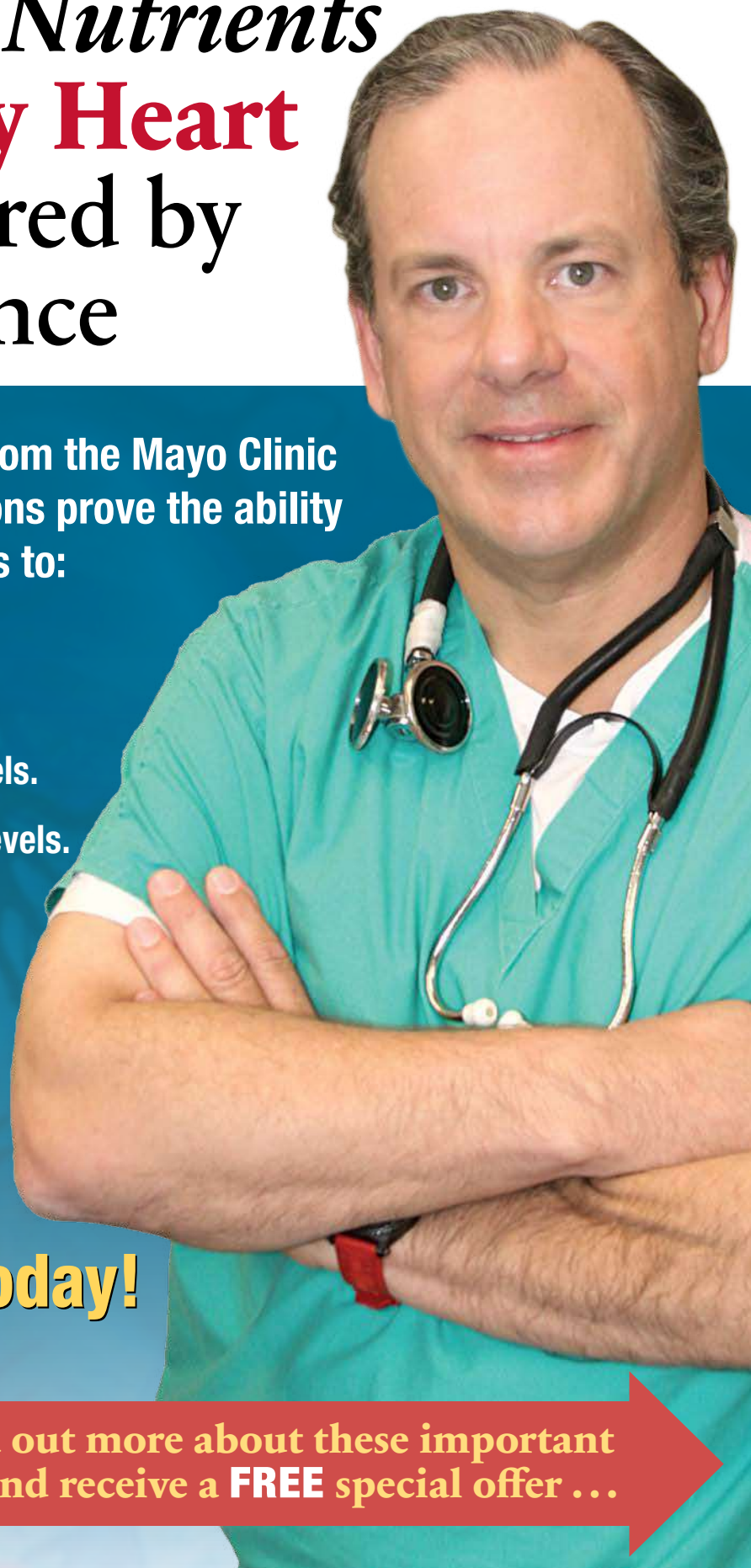
# The *Greatest Nutrients* for a **Healthy Heart** Ever Discovered by Medical Science

Dozens of research studies from the Mayo Clinic and other respected institutions prove the ability of these bioactive compounds to:

- ✓ Support heart health.
- ✓ Support a healthy immune system.
- ✓ Support normal blood pressure levels.
- ✓ Help maintain normal cholesterol levels.
- ✓ Promote optimal LDL/HDL balance.
- ✓ Help maintain triglyceride levels.
- ✓ Support proper heart rhythm.
- ✓ Support circulatory health.
- ✓ And much more . . .

## Start Benefiting Today!

**SEE INSIDE** to find out more about these important cardiac nutrients and receive a **FREE** special offer . . .



# A Respected Cardiologist and Cardiac Surgeon Tells You How to Maintain a Healthy Heart

## Dear Reader:

Hello. My name is Dr. Chauncey Crandall, and I'm an interventional cardiologist. That means I insert stents in arteries and perform other procedures to help patients who are experiencing severe cardiac problems to achieve normal blood circulation.

But I am also chief of the Cardiovascular Preventive Medicine Program at the Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Florida. And the reason is that I'd rather prevent heart problems in the first place than have to invade the patient's body and treat them after they happen.

Here are just a few of the suggestions I routinely give my patients for supporting good cardiovascular health:

- ✓ First, an article in the *Journal of the American Medical Association* reports that every extra hour of sleep you get improves your cardiac health. Also, I advise you to meditate 10 minutes a day to lower your stress.
- ✓ Limit saturated fat intake to no more than 7% of your total calories. Use monounsaturated fatty acid-rich olive oil to lower bad LDL cholesterol and raise good HDL cholesterol.
- ✓ One serving of fish high in omega-3 per week can also help promote overall heart health. I've been recommending fish oil supplements to my patients for 15 years now.
- ✓ I also recommend that people take between 200 and 400 mg of coenzyme Q10 daily. This important coenzyme helps produce energy that keeps the heart beating properly. It can also promote normal blood pressure.
- ✓ Make vegetables 50% of your meals. And snack on nuts. People who eat 5 ounces of nuts weekly are one-third less likely to have a heart attack.

Nutrition is a huge factor in determining whether you will have a healthy heart for life. I've spent decades studying the effects of various nutrients on the cardiovascular system, and I have successfully identified those few compounds that I believe are absolutely critical for you to consume on a daily basis.

The result is what I consider to be the premier line of advanced dietary supplements for the heart I have developed in partnership with **Medix Select**. They are:

- **Arterin™** — for maintaining a normal blood pressure level. See page 4.
- **Cardio Advanced™** — supports overall heart health with phytosterols. See page 6.

- **Cotrexin™** — supports overall heart health with CoQ10 and omega-3 fish oils. See page 8.
- **Lesstranol™** — to help you maintain normal cholesterol levels. See page 10.
- **Ventricore™** — helps promote optimal circulatory health. See page 12.

## Advanced Nutrient Technology

Our line of heart supplements delivers superior cardiac benefits. There are two reasons for this.

First, the daily dosages of the key ingredients in each formulation are based on the dosages shown to achieve maximum health benefits in clinical studies on human subjects. These aren't just ingredients added "for show." Each supplement gives you a clinically significant amount of the key nutrients to have a positive impact on your heart health.

Second, we use efficacious forms of the nutrients, again to deliver maximum cardiac benefits.

Our CoQ10, for instance, uses a new delivery technology, called **VESIorb®**, that achieves absorption levels — and bioavailability — up to 6 times higher than traditional forms of CoQ10.

The peak absorption rates for conventional CoQ10 are 2.15% in powder, 3.34% in oil dispersions, and 5.44% in lipid delivery systems.

By comparison, **VESIorb®** achieves 16.97% absorption of CoQ10 — 3 to 6 times more than traditional bioavailable forms of the supplement!

Our **Arterin** supplement uses niacinamide, an advanced form of niacin. The benefit is the elimination of the unpleasant facial flush caused by conventional niacin, while still delivering the same cardiac benefits.

## FREE 30-Day Trial Offers

As you'll see throughout this report, we've included **FREE** 30-day trial offers for each of our 5 cardiac supplements listed in the table below. So your satisfaction is fully guaranteed. If you are not 100% satisfied, simply cancel your enrollment. It's that simple.

Sincerely,



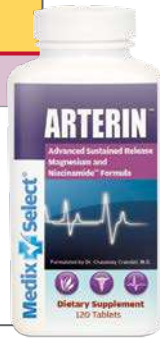
Dr. Chauncey Crandall, M.D.

# Dr. Crandall's Medix Select Line of Advanced Cardiac Supplements at a Glance

## Arterin™

### Maintain normal blood pressure levels

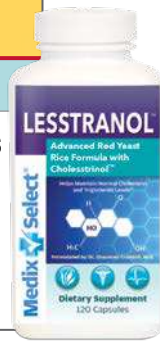
- Supports normal blood pressure levels
- Supports proper heart rhythm
- Supports insulin sensitivity
- Supports overall cardiovascular health
- Supports heart health



## Lesstranol™

### Cholesterol support

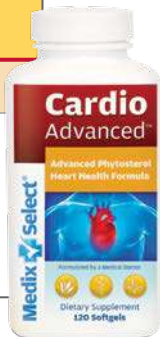
- Helps maintain normal cholesterol levels
- Promotes optimal LDL/HDL balance
- Helps maintain triglyceride levels
- Promotes cardiovascular health
- Supports heart health



## Cardio Advanced™

### Overall heart health with phytosterols

- May reduce risk of heart disease
- Promotes heart health
- Promotes the maintenance of healthy cholesterol levels



## Cotrexin™

### Overall heart health with CoQ10 and omega-3 fish oil

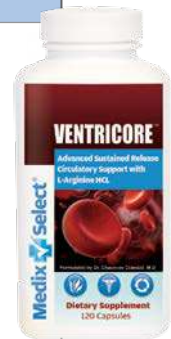
- Supports heart health and function
- Supports normal blood pressure
- Reduces oxidation of cholesterol
- Supports circulatory health
- Promotes normal triglyceride levels
- Supports brain health and energy



## Ventricore™

### Circulatory health

- Helps support normal blood pressure levels
- Supports nitric oxide production
- Helps support arterial health
- Helps support heart health
- Provides antioxidant support
- Supports a healthy immune system
- Supports energy production



## About Dr. Chauncey Crandall

Dr. Chauncey Crandall is chief of the Cardiovascular Preventive Medicine Program and associate director of interventional cardiology at the Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Florida. He is also on staff at Palm Beach Gardens Medical Center, Good Samaritan Medical Center, and Jupiter Medical Center.

Dr. Crandall has lectured nationally on topics including heart transplantation, preventive cardiology, healing, and cardiology healthcare of the elderly. He is the author of the book *Raising the Dead: A Doctor Encounters the Miraculous*, published by Faith Words in 2010.

Scientific research from Dr. Crandall has been published in several medical journals including the *Journal of the American College of Cardiology*, *Circulation*, the *Journal of Heart and Lung Transplantation*, and the *European Heart Journal*.

He is a diplomat of the American Board of Cardiovascular Disease, a fellow of the American College of Cardiology, a member of the International Society for Heart & Lung Transplantation, and a fellow of the American Society of Cardiovascular Interventionists.

Dr. Crandall received his postgraduate training at Yale University School of Medicine, where he also completed three years of research in the cardiovascular surgery division. He completed his cardiology fellowship training at Beth Israel Hospital and Mount Sinai Hospital in New York City.

For six years, Dr. Crandall served as chief of the Heart Transplant Program at the Medical College of Virginia and VA Medical Center. He was appointed to the faculty at Duke University, where he established the Duke University Cardiology Program.

# Keeps Your Heart Rhythm as Regular as a Metronome

This vital cardiac nutrient is one of the most abundant elements on Earth . . . and it may support normal blood pressure, muscle relaxation, and heart rhythm.

**M**agnesium is essential to virtually all life on Earth. It is a magnesium atom that gives chlorophyll its ability to perform photosynthesis. Yet as we age, our magnesium levels decline (*see chart below*).

There is an amazing amount of energy locked up in the magnesium atom. Take a thin strip of magnesium and light the tip with a blowtorch. It will flare up with brilliant white light that's almost too bright to look at. Magnesium is used in structural alloys because of its light weight, strength, and resistance to corrosion.

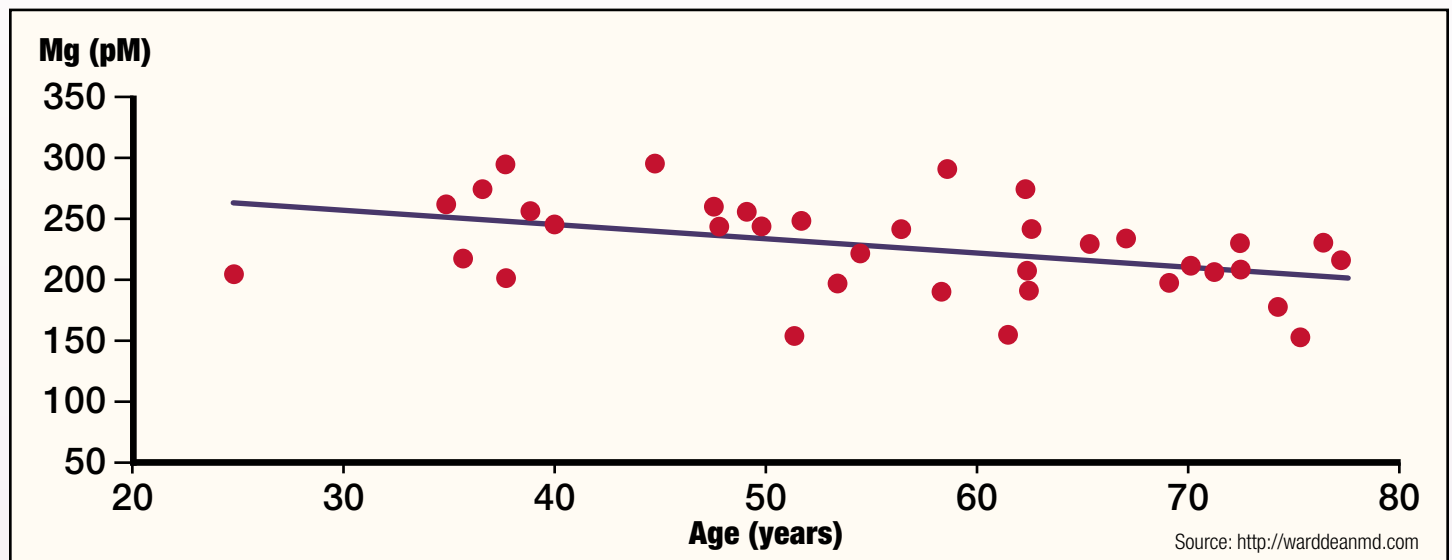
## Magnesium for a Healthy Heart

Like vitamin D, you may have heard of the benefits of magnesium in terms of its ability to help

strengthen bones. But this metal also supports proper heart rhythm and plays a role in supporting normal blood pressure levels.

The problem is that only about half of the magnesium in your diet is absorbed. Worse, when you're under stress, your body releases cortisol. This hormone causes magnesium to be released from cells and excreted in your urine.

Numerous studies have demonstrated that supplementing with magnesium to combat your



Relationship between age and intracellular magnesium levels.

deficiency may support overall cardiovascular health. Our advanced dietary supplement, **Arterin**, gives you 1,950 mg of magnesium daily.

A study reported in the *American Heart Journal* followed 13,922 middle-aged adults. The research suggests that magnesium levels are associated with overall heart health. Another study, this one published in the *American Journal of Cardiology*, found that magnesium levels were also associated with normal heart rhythm.

The *Journal of Clinical Epidemiology* published a study of 15,248 participants that explored the correlation between magnesium levels and heart health. The study concluded that higher magnesium levels were associated with increased cardiac health.

## More Magnesium for Supporting Normal Blood Pressure Levels

Magnesium is vital to supporting good cardiovascular health. In addition, magnesium supports normal blood pressure levels.

In a study of the effects of magnesium on blood pressure, reported in the *British Medical Journal*, 20 patients taking a diuretic were given magnesium for 6 months. Diuretics can cause magnesium depletion.

The result: Systolic and diastolic blood pressure — the top number and the bottom number — were decreased by 12 mmHg and 8 mmHg, respectively. Other research also indicates that supplementing with magnesium has an impact on overall systolic and diastolic pressure.

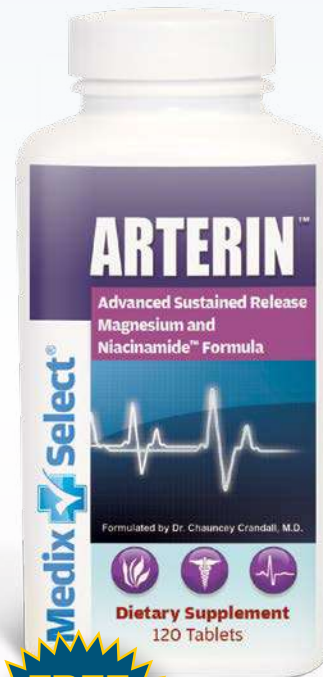
## Niacin . . . Without the Flush

Like magnesium, niacin also promotes cardiovascular health. But if you've ever taken niacin, you may have experienced the unpleasant sensation of a niacin flush, which is a burning feeling, mainly in the face, neck, and upper body.

This won't happen when you take **Arterin**. That's because the 500 mg daily of niacin in **Arterin** is a flush-free sustained release (SR) formula called niacinamide. By releasing the niacin slowly into your bloodstream over an extended period, the SR tablet gives you the cardiac benefits without the hot flash.

One study with 120 participants, conducted at the University of Minnesota, found that taking a daily dose of niacin helped promote normal LDL cholesterol levels.

Another study, in the journal *Circulation*, followed 167 patients with low HDL cholesterol levels who took 1,000 mg of niacin daily. The niacin was found to support good cardiac health. In fact, according to the Mayo Clinic, niacin has also been shown to support normal cholesterol.



**FREE**  
30-Day Supply  
With This  
Offer

## But Wait. There's More.

To further boost the cardiac support you get from **Arterin**, we also added 5 mg of vitamin B6. That gives you 250% of the recommended daily value.

Keeping your vitamin B6 level high is important: Research suggests that a higher level of vitamin B6 may be related to increased cardiovascular health.

The prestigious *Journal of the American Medical Association* (JAMA) reported a study involving 80,082 female participants over a 14-year period. The results suggested that intake of vitamin B6 above the current recommended dietary level can support good heart health among women.

## Try Arterin for a Full Month!

You are eligible to claim a **FREE** 30-day supply of **Arterin** right now as part of a limited-time special offer with enrollment into our convenient Smart Ship program. You just cover the low shipping and handling fee of \$4.95. For complete details on getting your bottle of **Arterin**, please sign up online, or call us toll-free at the number below.

**Start benefiting from Arterin Today!**

Order online: [www.MedixArterin.com/Crandall](http://www.MedixArterin.com/Crandall)

Or call toll-free: **1-800-500-4325** — Mention special offer code "**Heart**"

# Plants Reduce Cholesterol

These special plant extracts help *block the absorption of cholesterol* from your food during digestion.

**P**lant sterols are compounds found in many types of plants including fruits, vegetables, nuts, seeds, cereals, and beans. These phytochemicals can help reduce your overall cholesterol — except you probably don't eat enough fruits and vegetables to get all the sterols you need.

Plant sterols block the absorption of cholesterol from your food during digestion. That's why our **Cardio Advanced** formula gives you 2,000 mg of sterols daily.

In a study published in the *British Journal of Nutrition*, 30 individuals drank a low-fat, yogurt-based beverage enriched with plant sterols. The researchers found that the sterols helped control cholesterol levels effectively.

In another study, plant sterol concentrations in the blood of subjects older than 65 years were measured. The researchers found that high plasma concentrations of the plant sterol sitosterol may help reduce the risk for coronary heart disease when used as part of a heart healthy diet.

At the Mayo Clinic, a review of 41 trials showed that taking 3 grams daily of sterols reduced LDL cholesterol by 10%. In a study in the UK, men and women with a high intake of dietary plant sterols had lower serum cholesterol.

## Secret German Weapon to Support Heart Health

Hawthorn berry, which contains bioactive



“... 3 grams daily of sterols reduced LDL cholesterol by 10%.”

compounds with antioxidant properties, is widely used in Europe to promote good circulatory health. It is endorsed by **Commission E**, the branch of the German government that approves herbal products.

**Cardio Advanced** gives you 100 mg of hawthorn berry daily. In one clinical study, 60 individuals who were given 180 mg/day of hawthorn berry for 3 weeks experienced increased blood flow to the heart.

### Not Too Late for Folate

Folic acid, a manufactured version of the B vitamin folate, helps break down homocysteine in your body. **Cardio Advanced** gives you 400 mcg of folic acid daily. According to the American Nutrition Association, folic acid may help support arterial health.

A study of 1,980 Finnish men ages 42 to 60 years found that folate has a role in promoting overall heart health. Another study, published in the *Journal of the American Medical Association*, showed that a high intake of folate and vitamin B6 supported cardiovascular health.

### More CoQ10 for You

One of the nutrients in **Cardio Advanced**, 60 mg of coenzyme Q10, has a vast body of clinical research that verifies its ability to support good cardiac health.

In a massive study reported in the journal *Molecular Aspects of Medicine*, 2,664 individuals were given 50 to 150 mg of CoQ10 daily for 3 months. The vast majority improved in terms of heart health.

Another major study, also reported in *Molecular*

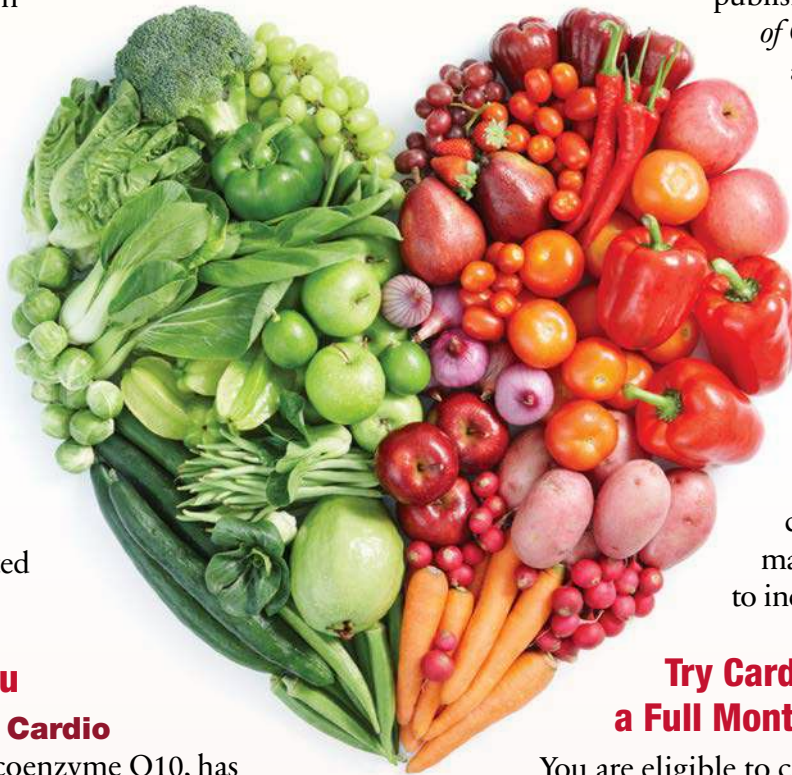
*Aspects of Medicine*, followed 424 individuals who took on average 242 mg CoQ10 daily. The researchers concluded that CoQ10 is safe and effective for helping to maintain optimal cardiac health.

### Magnesium for a Healthy Heart

Numerous studies have demonstrated that supplementing with magnesium may support cardiac health. That's why **Cardio Advanced** gives you 100 mg of magnesium daily.

A study reported in the *American Heart Journal* followed 13,922 middle-aged adults. The research suggests that high levels of magnesium were associated with increased heart health. Another study, this one published in the *American Journal of Cardiology*, also found an association between magnesium levels and regular heart rhythm.

The *Journal of Clinical Epidemiology* published a study of 15,248 participants that explored the correlation between magnesium levels and overall cardiovascular health. The study concluded that higher magnesium levels were related to increased cardiac health.



### Try Cardio Advanced for a Full Month!

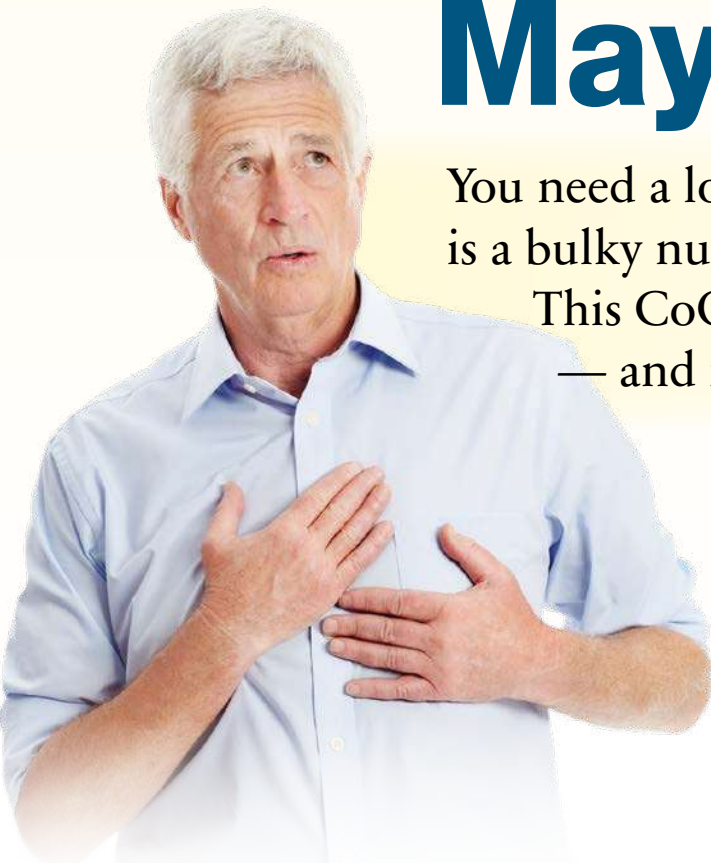
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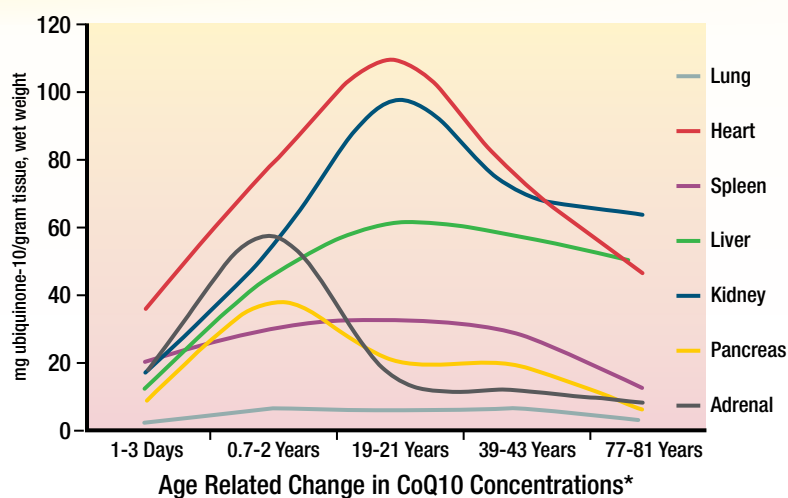
Or call toll-free: **1-800-500-4325** — Mention special offer code **"Heart"**

# Why Your CoQ10 May Not Work



You need a lot of powdered CoQ10 because it is a bulky nutrient that is not readily absorbed.

This CoQ10 *doesn't have that problem* — and is absorbed up to **6 times better**.



CoQ10 plays a vital role in the production of chemical energy in the cell's "power plants," the mitochondria, where it participates in the manufacture of the protein adenosine triphosphate — ATP for short.

Mitochondria produce about 95% of energy within cells. ATP is used for the electrochemical transfer of substances that produce energy in the cells. ATP provides the energy that powers the human heart to keep it beating.

In addition, CoQ10 is a strong antioxidant that helps fight free radicals at the cellular level, which can help prevent premature aging and free radical damage. As an antioxidant, CoQ10 can protect proteins and DNA from oxidative damage. It also helps stabilize cell membranes.

## Is Your Body Short on CoQ10?

Our bodies produce CoQ10 naturally, but unfortunately, our CoQ10 level declines with age. By the time you reach your 40s, your body's CoQ10 level may have dropped by as much as 30%. Taking statin

drugs may also accelerate the loss of CoQ10 in your body.

The connection between CoQ10 and overall heart health was first uncovered in 1957, when researchers discovered high amounts of CoQ10 in heart tissue.

Virtually every cell in your body contains CoQ10, which is concentrated in the mitochondria. Heart cells have approximately 5,000 mitochondria each, more than any other cells. And the heart and liver contain the most CoQ10.

Today, numerous trials indicate CoQ10's unique ability to support heart health and function. Clinical studies on CoQ10 suggest that it can promote optimal heart function and normal blood pressure levels. It can also reduce homocysteine levels, which is important to heart health.

## Why Your CoQ10 May Not Work

But if you take CoQ10 or are thinking of doing so, imagine slicing off a tiny sliver of the pill or capsule, swallowing that minuscule piece, and throwing the



rest of the supplement in the toilet.

That's shockingly close to what actually happens, because traditional CoQ10 is very poorly absorbed by the body. As a result, taking less than 200 mg a day of CoQ10 is unlikely to deliver the cardiac benefits you're counting on.

The reason for this poor absorption is that the coenzyme Q10 molecule is insoluble in water and soluble in oil.

The human body consists of up to 60% water. So most of the CoQ10 doesn't dissolve in your body and is excreted in your urine. You literally flush it away.

But there is good news for men and women looking to improve their cardiac health with CoQ10 . . .

## 6 Times Greater Absorption

A new nutritional supplement, **Cotrexin**, uses an innovative nutrient delivery system to maximize the bioavailability and benefits of CoQ10.

The new delivery technology, called **VESIorb**, achieves absorption levels — and bioavailability — up to 6 times higher than traditional forms of CoQ10.

**VESIorb** consists of droplets with an oil core surrounded by a single-layer membrane made of emulsifiers — a molecule that attaches oil to water. The droplets are less than 100 nanometers in diameter.

When **VESIorb** contacts water in the stomach, the emulsifying membrane links two surface areas between the oil and the water . . . giving us a stable oil and water mixture or “colloid.”

Now the colloid containing the “lipophilic” or “oil-loving” coenzyme Q10 molecules can pass through the watery environment of the gastrointestinal (GI) tract.

The **VESIorb** then reaches the absorptive epithelial cells lining the small intestine, where the CoQ10 crosses the cell membrane by diffusion and enters your bloodstream.

The peak absorption rates for conventional CoQ10 are 2.15% in powder, 3.34% in oil dispersions, and 5.44% in lipid delivery systems.

By comparison, **VESIorb** achieves 16.97% absorption of CoQ10 — 3 to 6 times more than traditional bioavailable forms of the supplement!

## CoQ10 for Overall Heart Health

There is an impressive body of clinical research that indicates the importance of maintaining the body's level of coenzyme Q10.

In a massive study reported in the journal *Molecular Aspects of Medicine*, 2,664 individuals were given 50 to 150 mg of CoQ10 daily for 3 months. The vast majority improved in terms of heart health.

Another major study, also reported in *Molecular Aspects of Medicine*, followed 424 individuals who took on average 242 mg CoQ10 daily. The researchers concluded that CoQ10 is safe and effective for helping to maintain optimal cardiac health.

What about CoQ10 and blood pressure? In 12 clinical studies with a total of 362 individuals, coenzyme Q10 supported normal blood pressure levels.

And a study published in the *European Journal of Clinical Nutrition* also found that coenzyme Q10 supplementation may support normal blood pressure.

## More Heart Nutrients: Omega-3

In addition to 200 mg daily of CoQ10, **Cotrexin** also delivers — with **VESIorb** efficiency — 1,000 mg of omega-3 fish oil.

Fish is rich in omega-3 oil. In a giant study of 22,070 male physicians age 40 through 84, reported in the *Journal of the American Medical Association*, those doctors who ate fish once a week had improved cardiac health.

And in a Western Electric study that followed 1,822 men for 30 years, those who ate the most fish enjoyed optimal cardiac health.

## Try Cotrexin for a Full Month!

You are eligible to claim a **FREE** 30-day supply of **Cotrexin** right now as part of a limited-time special offer with enrollment into our convenient Smart Ship program. You just cover the low shipping and handling fee of \$4.95. For complete details on getting your bottle of **Cotrexin**, please sign up online, or call us toll-free at the number below.



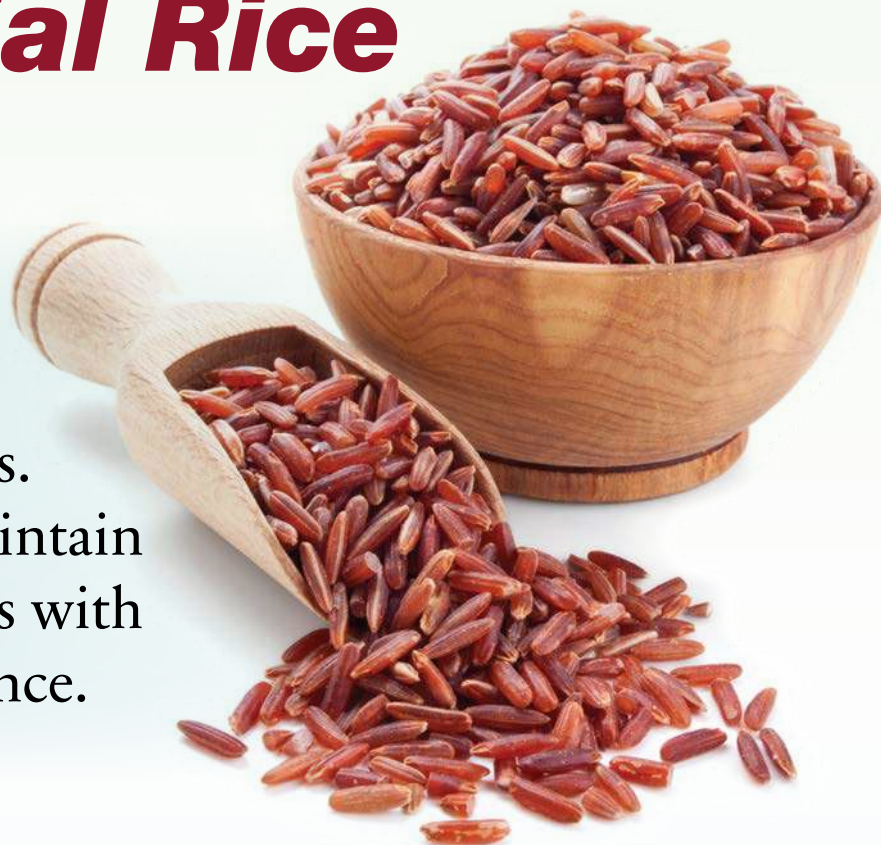
**Start benefiting from Cotrexin Today!**

Order online: [www.Cotrexin.com/Grandall](http://www.Cotrexin.com/Grandall)

Or call toll-free: **1-800-500-4325** — Mention special offer code “Heart”

# Help Maintain Normal Cholesterol Levels With This *Special Rice*

The Chinese have used this healing substance for over a thousand years. Now it can help you maintain normal cholesterol levels with optimal LDL/HDL balance.



Just about everyone consumes yeast: We use this single-celled organism — yes, yeast is alive — for baking and to ferment fruit juice into alcoholic beverages.

But there's a special strain of yeast — red yeast rice — that can do more than give you food and drink. It has the amazing ability to promote normal cholesterol, lower triglyceride levels, and support cardiovascular health.

## **An Ancient Chinese Remedy**

Red yeast rice was first used for medicinal purposes in China during the Tang Dynasty in 800 AD.

The ancient Chinese healers believed red yeast rice could promote good blood circulation. Modern scientists know that red yeast rice contains monacolins, substances known to promote normal cholesterol levels.

The monacolins stop the action of HMG-CoA reductase, an enzyme that helps make cholesterol.

Now **Lesstranol**, an advanced dietary supplement, gives you 2.4 grams of red yeast rice daily.

A report from the National Center for Complementary and Alternative Medicine (NCCAM) notes that in clinical trials, red yeast rice products that contained substantial amounts of monacolin helped maintain a normal level of total cholesterol and LDL “bad” cholesterol.

A study in *Current Therapeutic Research* followed 324 individuals who took a red yeast rice preparation for 8 weeks. The results suggested that red yeast rice helped promote normal cholesterol levels in these subjects.

Another study, this one published in the *American Journal of Clinical Nutrition*, followed 83 participants who took 2.4 grams of red yeast rice daily — the same concentration provided by **Lesstranol**. After 8 weeks, their cholesterol was reduced by 18% and total triglycerides was also lower.

A third study, at the UCLA School of Medicine,

also found that red yeast rice helped promote normal levels of cholesterol.

## Neutralizing Free Radicals

Also in **Lesstranol's** Cholesstrinol are citrus flavonoids and palm tocotrienols. Palm fruit is composed of 30% tocopherols and 70% tocotrienols. Palm oil helps facilitate healthy circulation, supports normal platelet aggregation, and promotes a healthy immune system.

Vitamin E is made up of both tocotrienols and tocopherols. Many available vitamin E supplements you find in stores contain only tocopherols. Tocotrienols, by comparison, are a form of vitamin E with antioxidant power 50 times greater than tocopherols.

Flavonoids are compounds found in fruits and vegetables. They are potent antioxidants, protecting cells against the damaging effects of reactive oxygen species.

A study in *Alternative Therapies in Health and Medicine* tested the palm tocotrienols and citrus flavonoids in Cholesstrinol. In a 12-week double-blind, placebo-controlled protocol with 120 individuals, the Cholesstrinol helped promote normal cholesterol and triglyceride levels.

### Try Lesstranol for a Full Month!

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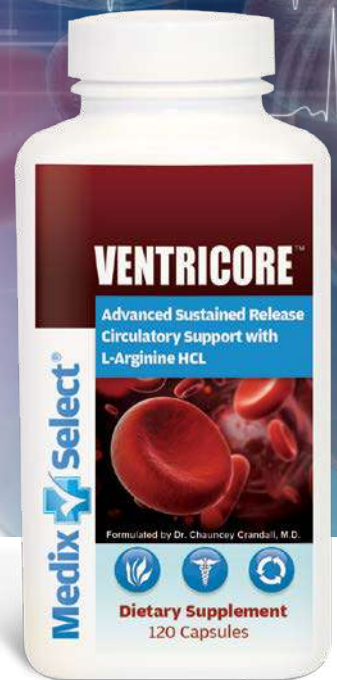
## Dr. Crandall's 14 Tips for a Healthy Heart

1. An article in the *Journal of the American Medical Association* reports that every extra hour of sleep you get improves your cardiac health. Also, I advise you to meditate 10 minutes a day to lower your stress.
2. Limit saturated fat intake to no more than 7% of your total calories. Use monounsaturated fatty acid-rich olive oil to lower bad LDL cholesterol and raise good HDL cholesterol.
3. One serving of fish high in omega-3 per week can also help promote overall heart health. I've been recommending fish oil supplements to my patients for 15 years now.
4. Take between 200 and 400 mg of coenzyme Q10 daily. This important coenzyme helps produce energy that keeps the heart beating properly. It can also help lower blood pressure.
5. Add stretches to your workout routine. Stretching 10 to 15 minutes daily may keep arteries pliable.
6. Plant sterols, present in small amounts in vegetable oils, legumes, and grains such as corn, rye, and wheat, can block the absorption of cholesterol, lowering cholesterol levels. Because foods don't give you the 2 grams daily of plant sterols you need, I recommend you take them in supplement form.
7. Make vegetables 50% of your meals. And snack on nuts. People who eat 5 ounces of nuts weekly are one-third less likely to have a heart attack.
8. Drink orange juice. OJ contains folic acid. Folic acid lowers levels of homocysteine, an amino acid adversely associated with heart health.
9. Drink green tea. Its powerful antioxidants can support normal cholesterol levels and blood pressure.
10. Consume 25 to 35 grams of fiber daily. On bread, use only spreads with sterols.
11. Eating a clove of garlic helps promote normal blood clotting.
12. Take vitamin D. Maintaining a normal vitamin D level is associated with heart health.
13. If you want to indulge yourself, go ahead and have an ounce of dark chocolate daily, but make sure it contains at least 70% cocoa.
14. One last — and tasty — tip: Eat bananas. The potassium hastens your body's excretion of sodium.

**Start benefiting from Lesstranol Today!**

Order online: [www.Lesstranol.com/Crandall](http://www.Lesstranol.com/Crandall)

Or call toll-free: **1-800-500-4325** — Mention special offer code **"Heart"**



# Nobel Prize-Winning Discovery Can Help You Improve Your Circulation

Amino acid helps support normal blood pressure levels.

In 1998, a team of pharmacologists won the Nobel Prize for their discovery of how nitric oxide (NO) regulates blood flow in the body. One of the applications is that the release of NO causes dilation of the blood vessels.

It was then discovered that an amino acid called

L-arginine causes the human body to produce NO. As a result, L-arginine became a popular ingredient in dietary supplements for helping men achieve peak performance in the bedroom.

Now we've included 3 grams of L-arginine in our breakthrough dietary supplement **Ventricore** to

improve your circulation and help support normal blood pressure levels.

L-arginine is converted into NO that helps dilate your blood vessels. This, in turn, means your heart doesn't have to pump as hard, which promotes normal blood pressure and circulation.

An article in the *American Heart Journal* presented an analysis of 11 randomized, double-blind, placebo-controlled trials involving 387 patients taking from 4 to 24 grams per day of L-arginine. The findings: L-arginine lowered systolic blood pressure by 5.4 mmHg and diastolic BP by 2.7 mmHg.

Best of all, **Ventricore** is a sustained release (SR) formula that you take twice daily. The advantage is a steady release of L-arginine that supports healthy circulation all day long.

### Not Too Late for Folate

Maintaining low levels of homocysteine is associated with increased heart health.

Folic acid, a manufactured version of the B vitamin folate, helps break down homocysteine in your body.

**Ventricore** gives you 1,100 mcg of folic acid daily. According to the American Nutrition Association, folic acid supports arterial health as well as cardiovascular health.

A study of 1,980 Finnish men ages 42 to 60 years found that folate has a role in promoting good cardiac health. Another study, published in the *Journal of the American Medical Association*, showed that a high intake of folate and vitamin B6 supported cardiovascular health.

### Keeps Arteries Healthy

Alpha lipoic acid (ALA), a fatty acid that occurs naturally in every cell in your body, converts glucose

into energy. An antioxidant capable of neutralizing harmful free radicals that can damage your cells, ALA has been shown to decrease plasma and LDL oxidation. Plus, ALA recycles another antioxidant, vitamin C, after it has been used up. **Ventricore** gives you 50 mg of ALA daily.

### Plus Vitamins B12, C, and D

**Ventricore** also gives you 14 mcg of vitamin B12, 100 mg of vitamin C, and 800 IU of vitamin D.

One of the eight B vitamins, vitamin B12 plays an essential role in the formation of blood cells. Without sufficient B12, your body can't manufacture blood. Like folic acid, vitamin B12 promotes normal homocysteine levels to help support heart health.

Taking vitamin C has multiple benefits for your cardiovascular system. As an antioxidant, it combats free radicals at the cellular level. A study in *The Journal of Clinical Investigation* found that high plasma levels of vitamin C can improve heart health.

Vitamin D is related to heart health and immune system function. The best source of vitamin D is sunlight, but you may not spend enough time outside for your body to produce all the vitamin D it needs, which is why we added vitamin D to **Ventricore**.



**Ventricore** is a sustained release (SR) formula that you take twice daily. The advantage is a steady release of L-arginine that supports healthy circulation all day long.

### Try Ventricore for a Full Month!

You are eligible to claim a **FREE** 30-day supply of **Ventricore** right now as part of a limited-time special offer with enrollment into our convenient Smart Ship program. You just cover the low shipping and handling fee of \$4.95. For complete details on getting your bottle of **Ventricore**, please sign up online, or call us toll-free at the number below.



**Start benefiting from Ventricore Today!**

Order online: [www.Ventricore.com/Crandall](http://www.Ventricore.com/Crandall)

Or call toll-free: **1-800-500-4325** — Mention special offer code "**Heart**"

# Experience the Medix Select Difference for a Healthy Heart

## Unparalleled Ingredient Quality

Choosing quality nutritional supplements is extremely important to your health. At Medix Select, all of our high-quality ingredients are tested, as they are received, for the right amount of active ingredients. And they are thoroughly screened for any potential contaminants. Once a formulation is complete, batch tests are performed to ensure quality and consistency.

## Greater Absorption

Medix Select carefully determines the best method to deliver our premium supplements for maximum absorption in the body. In many cases, we use vegetarian capsules. These are more expensive to produce, but dissolve quickly in the body and are free from animal byproducts.

Capsules, in general, are a good choice because they are easy to swallow and they eliminate the need to add binding agents, such as gum or other “inactive” substances. Also, some of the chemical coatings on certain tablets may cause irritation for sensitive patients.

## Accurate Label Claims

Medix Select takes the responsibility for labeling products very seriously. In fact, every batch of product developed goes through a Certificate of Analysis testing process conducted by our quality assurance department. These tests are performed on each raw material as well as on the formula as a whole. This ensures the integrity of our products and labeling practices.

## Physician Formulated

Medix Select products are created by medical doctors and certified chemists based on scientific formulations and contain only the highest quality ingredients. Our customers trust us as their dietary supplement provider because we work hard to ensure the safety and effectiveness of our products. Products are put through a comprehensive series of tests,



including microbiological testing and stability testing.

## Pharmaceutical-Grade Manufacturing

Our products are produced in a 120,000 square foot, state-of-the-art, pharmaceutical-grade manufacturing facility, where we produce high-quality uniform products. All of our products are run through rigid testing for safety and efficiency. Our facility and equipment are FDA-approved and cGMP certified, and we have some of the most technologically advanced equipment available for nutritional supplement manufacturing.

## GMP-Certified

The Natural Products Association GMP Certification Program is designed to verify compliance of member suppliers of dietary supplements with a standardized set of good manufacturing practices (GMPs) developed by the Natural Products Association based on Section 21 CFR 111 of the FDA’s Code of Regulations.

## Quality Assurance

In addition to following our rigid manufacturing processes, our quality assurance system ensures optimal characteristics of all of our product characteristics, including:

- ✓ Identity
- ✓ Conformity
- ✓ Purity
- ✓ Strength
- ✓ Composition



We also conduct thorough and scientific tests on all our raw materials as well as our final products. These tests are performed by Ph.D. scientists in our state-of-the-art, pharmaceutical-grade laboratories, and allow us to identify and correct any problems or variances in the products as they occur.

# It's Easy to Order Dr. Crandall's Healthy Heart Supplements from Medix Select.

You can order online at the websites below — or call now toll-free at **1-800-500-4325** (make sure to mention special offer code **"Heart"**). And the first bottle is **FREE!**\*

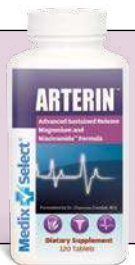
## Arterin™

Arterin™ is a magnesium-based formula that supports normal blood pressure levels, proper heart rhythm, insulin sensitivity, heart health, and overall cardiovascular health.

**Price: \$39.95 FREE\*** — you pay only \$4.95 shipping and handling for your first month's supply.

**Order online:** [www.MedixArterin.com/Crandall](http://www.MedixArterin.com/Crandall)

**Or call toll-free:** 1-800-500-4325  
Mention special offer code "Heart"



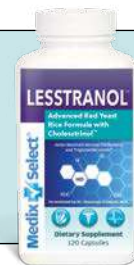
## Lesstranol™

This red yeast rice supplement helps maintain normal cholesterol, promotes optimal LDL/HDL balance, helps maintain triglyceride levels, promotes cardiovascular health, and supports heart health.

**Price: \$39.95 FREE\*** — you pay only \$4.95 shipping and handling for your first month's supply.

**Order online:** [www.Lesstranol.com/Crandall](http://www.Lesstranol.com/Crandall)

**Or call toll-free:** 1-800-500-4325  
Mention special offer code "Heart"



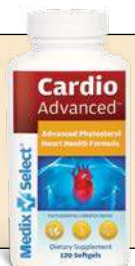
## Cardio Advanced™

The plant sterols in Cardio Advanced™ may reduce risk of heart disease, promote heart health, and control cholesterol levels.

**Price: \$49.95 FREE\*** — you pay only \$4.95 shipping and handling for your first month's supply.

**Order online:** [www.CardioAdvanced.com/Crandall](http://www.CardioAdvanced.com/Crandall)

**Or call toll-free:** 1-800-500-4325  
Mention special offer code "Heart"



## Ventricore™

L-arginine, folate, alpha lipoic acid, and vitamins combine to support normal blood pressure levels, nitric oxide production, arterial health, heart health, the immune system, and energy production.

**Price: \$39.95 FREE\*** — you pay only \$4.95 shipping and handling for your first month's supply.

**Order online:** [www.Ventricore.com/Crandall](http://www.Ventricore.com/Crandall)

**Or call toll-free:** 1-800-500-4325  
Mention special offer code "Heart"



## Cotrexin™

This highly absorbable form of CoQ10 supports heart health and function, normal blood pressure, circulatory health, and brain health and energy. It also reduces oxidation of cholesterol and promotes normal triglyceride levels.

**Price: \$49.95 FREE\*** — you pay only \$4.95 shipping and handling for your first month's supply.

**Order online:** [www.Cotrexin.com/Crandall](http://www.Cotrexin.com/Crandall)

**Or call toll-free:** 1-800-500-4325  
Mention special offer code "Heart"



## Our Unconditional 30-Day Money-Back Guarantee

All Medix Select healthy heart supplements are sold with a **100% guarantee** of satisfaction: If you are unhappy with your purchase for any reason . . . or for no reason at all . . . simply return the unused portion (or even the empty bottle) . . . for a full and prompt product refund — no questions asked. That way, you risk nothing.



**Go Online to Order Your Medix Select Heart Supplements Today . . . or call toll-free: 1-800-500-4325 — Mention special offer code "Heart"**

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Dr. Chauncey Crandall's breakthrough heart supplements support cardiac health and help maintain normal cholesterol and blood pressure levels.

# The 5 Keys to Having a Healthy Heart for Life



## Inside this Special Report, you will discover:

- How one of the most abundant elements on the planet can keep your heart from missing a beat. Page 4.
- Bioactive compounds from plants that block the absorption of cholesterol from your food during digestion — and also prevent the reabsorption of cholesterol manufactured in your liver. Page 6.
- How to get the cardiac benefits of niacin without the unpleasant “flush” sensation after you take it. Page 5.
- This new type of coenzyme Q10 is absorbed by your body up to 6 times better than traditional forms of CoQ10. Page 9.
- *Journal of American Medical Association* says eating this tasty meal once a week improves cardiac health. Page 11.
- Grain eaten by ancient Chinese in Tang Dynasty shown to control cholesterol levels. Page 10.
- These powerful antioxidants can control your levels of triglycerides. Page 11.
- Nutrient originally sold to help men have firmer erections can also support normal blood pressure. Page 12.
- How to try any or all of Dr. Crandall's top 5 heart supplements as part of a **FREE OFFER**. Page 15.