

# Heart Start®

The Ultimate Cardio Guard  
Heart Health/Super Stress  
Immune Support Formula

CONTAINS **177** POWERFUL NUTRIENTS

A Premium Quality VITAMIN & MINERAL PACKET with ANTI-OXIDANTS

Serving Size: One Packet

## SUPPLEMENT FACTS

Each Packet Contains:	%DV		%DV
<b>VISION &amp; EYE SUPPORT*</b> <i>with LUTEIN &amp; ZEAXANTHIN</i> <b>plus VITAMIN A 25,000 (100% BETA CAROTENE)</b>			
Vitamin A (as Beta Carotene)	25,000 IU	500	
<i>(Beta Carotene is a plant derived non-toxic form of Vitamin A)</i>			
<b>TOTAL VISION HEALTH FORMULA*</b>	<b>481 mg</b>	<b>**</b>	
Supports Eye Function, Retina, & Macular Health*			
Lutein (from Marigold Flowers)	10 mg		
Zeaxanthin (from Marigold Flowers)	2 mg		
Turmeric Root (94mg 4:1 Extract)	375 mg		
European Bilberry Fruit	125 mg		
Carrot Root Juice Powder	125 mg		
Taurine (Amino Acid)	125 mg		
<b>SUPER B-COMPLEX 50</b> <i>with BIOTIN &amp; INOSITOL</i>			
Vitamin B-1 (Thiamine HCL)	50 mg	3,333	
Vitamin B-2 (Riboflavin)	50 mg	2,940	
Vitamin B-6 (Pyridoxine HCL)	50 mg	2,500	
Vitamin B-12 (Cyanocobalamin)	100 mcg	1,666	
Niacin (5mg) & Niacinamide (50mg)	55 mg	275	
Folic Acid	800 mcg	200	
Pantothenic Acid	50 mg	500	
Biotin	300 mcg	100	
Choline (Bitartrate)	10 mg	2	
Inositol	50 mg	**	
PABA (Para Aminobenzoic Acid)	50 mg	**	
<b>VITAMIN E COMPLEX 400</b> <i>with 100% NATURAL MIXED TOCOPHEROLS</i>			
Vitamin E (100% Natural)	400 IU	1333	
Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols			
<b>SUPER C-COMPLEX 1000</b> <i>with CITRUS BIOFLAVONOIDS &amp; QUERCETIN</i>			
Vitamin C (Ascorbic Acid)	750 mg	1,250	
Citrus Bioflavonoid Complex	125 mg	**	
Rutin	50 mg	**	
Hesperidin (from Citrus Membrane)	50 mg	**	
Rose Hips Berry	40 mg	**	
Acerola Cherry Fruit	40 mg	**	
Quercetin (as Quercetin Dihydrate)	10 mg	**	
<b>ANTIOXIDANTS COMPLEX</b> <i>with RESVERATROL &amp; ALPHA LIPOIC ACID</i>			
<b>SUPER ANTIOXIDANT COMPLEX 710 mg **</b>			
A powerful blend of Age Defying Antioxidant Factors that support Heart and Cardiovascular health and provides a defense against Premature Aging.*			
Pine Bark (95% Proanthocyanidins)	125 mg	Cinnamon Bark (50mg 4:1)	200 mg
Green Tea (95% Polyphenols)	125 mg	Turmeric Root (50mg 4:1)	200 mg
Grape Seed (95% Polyphenols)	125 mg	Cat's Claw Bark (25mg 4:1)	100 mg
Olive Leaf (18% Oleuropein)	25 mg	Celery Seed (25mg 4:1)	100 mg
Resveratrol (50% Trans Resveratrol)	25 mg	Red Grape Skin (25mg 4:1)	100 mg
Lutein 5% (5mg) & Lycopene 5% (5mg)	10 mg	Grapefruit Seed (25mg 4:1)	100 mg
Alpha Lipoic Acid	50 mg	Acai Berry (25mg 4:1)	100 mg
<b>OMEGA-3 FISH OIL</b> <b>NATURAL MARINE LIPID CONCENTRATE* 1,000 mg **</b>			
Providing 300 mg EPA & DHA Fatty Acids.			
*Purified to remove Mercury and other toxins.			
** Daily Value (DV) not established			
<b>HEART SUPPORT COMPLEX*</b> <i>with CoQ-10 &amp; L-CARNITINE FUMERATE</i>			
Magnesium Citrate	125 mg	31	
<b>SUPER HEART HEALTH COMPLEX*</b>	<b>870 mg</b>	<b>**</b>	
CoQ-10 (Ubiquinone)	125 mg	Inositol	100 mg
L-Carnitine Fumerate	125 mg	Berberine HCL	25 mg
L-Arginine HCL	125 mg	Quercetin	25 mg
Taurine (Amino Acid)	100 mg	Alpha Lipoic Acid	25 mg
<b>BETA GLUCAN COMPLEX</b> <i>with MUSHROOM EXTRACTS</i>			
<b>BETA GLUCAN / MUSHROOM COMPLEX 650 mg **</b>			
Supports Cardiovascular and Immune System Health*			
Beta-1,3/1,6-D-Glucan Powder (from <i>Saccharomyces cerevisiae</i> )	350 mg		
Reishi Mushroom (75mg 4:1 Ext.)	300 mg		
Maitake Mushroom (75mg 4:1 Ext.)	300 mg		
Shitake Mushroom (75mg 4:1 Ext.)	300 mg		
Cordyceps Mushroom (75mg 4:1 Ext.)	300 mg		
<b>ORGANIC FLAXSEED OIL</b> <i>with OMEGA 3 - OMEGA 6 - OMEGA 9</i>			
Flaxseed Oil (Cold Pressed)	1,000 mg	**	
Typically provides the following:			
Alpha-Linolenic Acid (Omega-3)	585 mg	**	
Linoleic Acid (Omega-6)	150 mg	**	
Oleic Acid (Omega-9)	175 mg	**	
Palmitic Acid, Stearic Acid and Fatty Acids	90 mg	**	
<b>CIRCULATION SUPPORT*</b> <i>for HEART, MEMORY &amp; VASCULAR HEALTH*</i>			
Vitamin B-3 (Niacin)	25 mg	125	
<b>CIRCULATION HERBAL EXTRACTS 675 mg **</b>			
(Equivalent to 2215 mg of regular herbal powder)			
Hawthorn Berry (75mg 4:1)	300 mg	Cat's Claw Bark (30mg 4:1)	120 mg
Ginkgo Biloba (75mg 4:1)	300 mg	Horse Chestnut (30mg 4:1)	120 mg
Butcher's Broom (30mg 10:1)	300 mg	L-Citrulline (Amino Acid)	100 mg
Red Sage Root (15mg 20:1)	300 mg	L-Arginine HCL (Amino Acid)	50 mg
Motherwort Leaf (25mg 10:1)	250 mg	Ginger Root	50 mg
Cnidium Seed (15mg 10:1)	150 mg	Bilberry Leaf	50 mg
Bupleurum Root (15mg 10:1)	150 mg	White Willow Bark	50 mg
Cinnamon Bark (30mg 4:1)	120 mg	Cayenne Pepper	35 mg
<b>MINERAL COMPLEX 1000</b> <i>with Aquamin® SEA TRACE MINERALS</i>			
Calcium (Carbonate & Citrate)	500 mg	50	
Magnesium (Oxide)	250 mg	63	
Iron (Iron Carbonyl)	18 mg	100	
Iodine (Atlantic Kelp)	150 mcg	100	
Copper (Amino Acid Chelate)	2 mg	100	
Zinc (Zinc Oxide)	50 mg	334	
Manganese (Amino Acid Chelate)	10 mg	500	
Potassium (Potassium Chloride)	99 mg	2.8	
Chromium (Chromium Picolinate)	40 mcg	34	
Selenium (Selenium Yeast)	50 mcg	72	
Betain HCL (Enzyme)	50 mg	**	
Vitamin D3 (Cholecalciferol)	1000 IU	250	
<b>AQUAMIN® Sea Trace Minerals</b>	25 mg	**	
Naturally occurring minerals and trace minerals derived from Red Marine Algae. This seaweed is specially harvested off the coast of Ireland and typically contains 73 trace elements.			

**OTHER INGREDIENTS:** Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, silica, silicon dioxide, magnesium stearate, sodium starch, glycolate, maltodextrin, ethylcellulose, soybean oil, lecithin, polyethylene glycol, glycerin, gelatin, titanium dioxide, yellow bees wax, FD&C blue 1 & 2, yellow 5 & 6, red 40 lake.  
**ALLERGY WARNING: CONTAINS SOY.**

### DIRECTIONS: TAKE ONE PACKET DAILY WITH A MEAL.

Use only as directed. **WARNING:** Consult a physician before using if you are pregnant, nursing a baby, taking medications, have heart disease, or any other known medical condition. Dietary supplements can affect the way medicines work.

**KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.**

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

Each Packet Contains: 4 Tablets - 5 Capsules - 3 Softgels