

# Heart Flow+



## Clinical Applications:

- Supports healthy blood pressure and vascular tone
- Helps maintain elasticity of endothelial cells
- Promotes nitric oxide (NO) production for optimal blood flow
- Supports the structural integrity of coronary arteries

## CARDIOVASCULAR HEALTH

Heart Flow+ is a targeted formula designed to support healthy blood pressure, circulation, and vascular function. Featuring a potent blend of L-citrulline, quercetin, and grape seed extract, this advanced supplement promotes optimal nitric oxide production, arterial flexibility, and a balanced inflammatory response. By enhancing endothelial health and improving blood flow, Heart Flow+ offers comprehensive cardiovascular support for those looking to optimize heart and vessel function through multiple pathways.

## Overview

As the heart works over time, natural stress on the coronary arteries can begin to affect vascular function—especially with age. This can lead to reduced nitric oxide (NO) levels, increased vascular muscle activity, and eventual narrowing of key arteries. Heart Flow+ delivers a targeted blend of nutrients that help counteract these effects by promoting healthy inflammation balance, supporting NO production, maintaining smooth muscle tone, and encouraging optimal vasodilation for improved coronary blood flow.

### L-Citrulline

L-Citrulline is a key amino acid involved in the urea cycle and plays a critical role in the production of nitric oxide (NO), a powerful signaling molecule essential for vascular health. It serves as a natural

to L-arginine, which is then converted by endothelial nitric oxide synthase (eNOS) into NO. Nitric oxide promotes vasodilation, enhances blood flow, improves arterial flexibility, and reduces platelet adhesion and LDL oxidation. Unlike direct L-arginine supplementation—which is rapidly filtered by the liver and offers only short-term benefits—L-citrulline bypasses liver metabolism, resulting in greater bioavailability and more sustained effects on NO levels. Clinical studies have shown that 3,000 mg of L-citrulline can raise circulating NO levels more effectively and for a longer duration than an equivalent dose of L-arginine. These benefits extend beyond cardiovascular support and into areas like exercise performance, endothelial function, and circulatory health, making L-citrulline a foundational ingredient in Heart Flow+.

### Quercetin Dihydrate

Quercetin Dihydrate is a powerful flavonoid found in various fruits, vegetables, and botanicals. Known for its antioxidant and anti-inflammatory properties, quercetin helps maintain normal inflammatory balance by inhibiting key inflammatory pathways, including ICAM-1 expression and the NF- $\kappa$ B signaling pathway, similar to the effects of turmeric. In addition to its systemic benefits, quercetin supports vascular health by improving endothelial cell function, helping to maintain healthy blood vessel tone and integrity—making it a valuable component of Heart Flow+.

† 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.

## MegaNatural® BP Grape Seed Extract†

MegaNatural® BP is a clinically studied, premium grape seed extract sourced from white wine grapes and extracted using pure water in California. Rich in phenolic compounds, this extract supports cardiovascular health by promoting arterial dilation and enhancing blood flow. Its polyphenols activate nitric oxide synthase (NOS), boosting nitric oxide (NO) production, a key factor in vascular relaxation. In a clinical study, participants who took 150–300 mg of MegaNatural® BP daily for four weeks maintained healthy blood pressure levels, with the 300 mg group also experiencing a significant reduction in oxidized LDL, further supporting arterial health and protection.

### Directions

Take 4 capsules daily, or as recommended by your healthcare provider.

### Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

### Cautions

If you are pregnant or nursing, consult your physician before taking this product

### References

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Supplement Facts <sup>V1</sup>		
Serving Size 4 Capsules		
Servings Per Container 30		
	Amount Per Serving	% Daily Value
L-Citrulline	3 g	*
Grape Seed Extract (MegaNatural®-BP)	200 mg	*
Quercetin Dihydrate	200 mg	*
* Daily Value not established		

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