

What exactly is CARDIOVASCULAR HEALTH?

Cardiovascular health refers to the strength of the heart and its systems. A healthier lifestyle and supplements can help you maintain it.



What are some lifestyle choices that can support heart health?

- Exercise regularly.
- No smoking.
- Maintain a healthy weight.
- Eat a balanced diet with fruits, vegetables and whole grains.
- Limit total and saturated fat intake.
- Monitor cholesterol, blood pressure and other health markers with your doctor.
- Consider a nutritional supplementation program for cardiovascular health.



What is homocysteine?

Homocysteine is an amino acid. Elevated homocysteine results from smoking, excessive alcohol and low B-vitamin intake and impacts cardiovascular health.



Why is LDL cholesterol considered bad?

When too much LDL cholesterol circulates in the blood, it can slowly contribute to the buildup of plaque in the inner walls of the arteries.



Why is HDL cholesterol considered good?

HDL cholesterol, often called "good cholesterol," helps remove up to one-fourth of blood cholesterol and appears to help support the health of the cardiovascular system.



What are triglycerides and how are they related to HDL and LDL?

A triglyceride is a form of fat. It comes from food and is also made in your body. People with high triglycerides levels often have high overall cholesterol, which means they have high LDL and low HDL cholesterol levels.