

Product Name:

Cardio-Plex

Galenic Form:

Softgels

Format:

90 Softgels

Ingredients:

Each softgel contains:

Red yeast rice (<i>Oryza sativa</i> , seed) (lovastatin-free).....	160 mg
Japanese knotweed (<i>Polygonum cuspidatum</i> , root) (std. to 50% resveratrol).....	20 mg
Coenzyme Q10 (yeast fermentation)	25 mg
Chinese red pine (<i>Pinus massoniana</i> , bark) (95% proanthocyanidins)	3 mg
Plant sterol esters (from <i>Glycine max</i> , seed) (providing 92% combined beta-Sitosterol, Campesterol and Stigmasterol per day).....	270.4 mg

Non-medicinal ingredients:

Lecithin, yellow beeswax, soybean oil, gelatin, glycerin, water, carob powder, caramel colour.

This product does not contain corn dairy, egg, gluten, shellfish, sulfites, or artificial colours, flavours, or preservatives.

Formula Rationale:

RxBalance™ Cardio-Plex Blend provides safe and effective cholesterol reduction without the side effects of prescription drugs, with each ingredient providing many benefits for overall cardiovascular health.

The main ingredient in this formula, red yeast rice, has been used in Traditional Chinese Medicine for over 1,000 years to invigorate the body, aid in digestion, and improve poor blood circulation. Also used for culinary purposes in China and Japan, red yeast rice is rice that has been fermented by the red yeast *Monascus purpureus*. *Monascus* contains naturally occurring substances called monacolins, which lower cholesterol levels by blocking the action of HMG-CoA reductase, an enzyme that triggers cholesterol production, thus inhibiting cholesterol synthesis.

A meta-analysis of 93 controlled clinical trials published in 2006 in the journal Chinese Medicine reported that red yeast rice (RYR) reduced total cholesterol by 35 mg/dl, LDL cholesterol by 28 mg/dl, and triglycerides by 35 mg/dl, and raised HDL-cholesterol by 6 mg/dl. In addition, many articles have been published reporting on the China Coronary Secondary Prevention Study, a massive trial conducted in China, where close to 5,000 post-heart attack patients were enrolled for an average of 4.5 years to receive either a placebo or RYR. In the treated group, risk of subsequent heart attacks was reduced by 45%.

Japanese knotweed (*Polygonum cuspidatum*) extract is included in this formula to provide resveratrol. Resveratrol is the flavonoid that is found in the skin of red grapes and other fruits and is best known as a factor behind the "French paradox." *Polygonum cuspidatum* (or Japanese knotweed) is an important source of concentrated resveratrol. Resveratrol is not only a powerful antioxidant, but numerous studies show that it has cardioprotective effects as well.

Coenzyme Q10, a powerful antioxidant, is also responsible for the production of the body's own energy, and organs such as the heart, which have high energy requirements, have the highest CoQ10 concentrations. Clinical studies spanning many decades report positive results using CoQ10 in the treatment of congestive heart failure. Several studies have also demonstrated a strong correlation between severity of heart disease and CoQ10 deficiency.

Pine bark extract is included for its antioxidant properties, which protect the body from free radical damage. Pine bark extract is high in proanthocyanidins, some of the most powerful antioxidants available, and it has been found to help lower cholesterol and decrease the risk and severity of heart disease, strokes, and atherosclerosis.

Plant sterols, which are structurally similar to cholesterol, have been shown to reduce the absorption of cholesterol in the intestinal tract by competing with cholesterol. A study published in 2006 in the American Journal of Cardiology involving patients on long-term statin therapy, demonstrated that after taking plant sterols in addition to their statin pills for six weeks, the subjects averaged a 9% reduction in LDL cholesterol and a 6% decline in total cholesterol. The researchers also found that those with higher LDL levels before the study began had a greater drop in the bad cholesterol.

Primary indication(s):

Helps to maintain cardiovascular health and healthy cholesterol levels.

Recommended dosage:

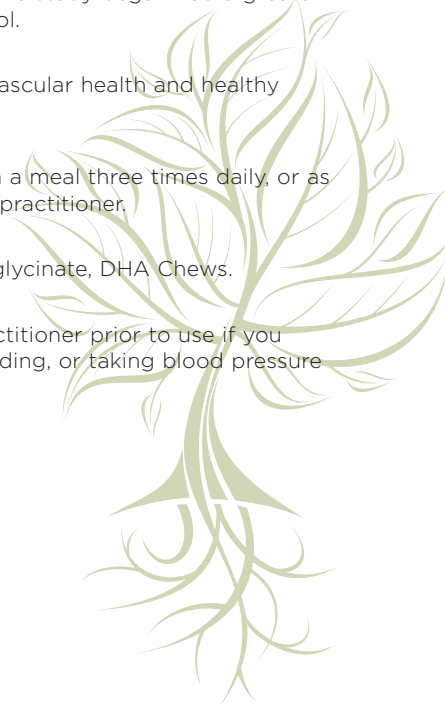
Adults: Take 1 softgel with a meal three times daily, or as directed by a health care practitioner.

Complements:

Krill-Plex, Magnesium Bisglycinate, DHA Chews.

Caution:

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or taking blood pressure medications.



Dr. Crisafi's comments:

Heart disease is, along with cancer, one of the two most important causes of non accidental deaths in North-America. And surprisingly, though we seem to have done much to reduce the lifestyle factors that are involved in the genesis of the disease, such as lowering cholesterol in the diet, smoking cessation and increased physical activity, heart disease is on the rise. In Canada, for example, it is estimated that as many as 1/3 of Canadian adults have a cholesterol level higher than the recommended target.

Though lifestyle factors are absolutely essential in reducing heart disease risk, these seem to offer less protection than what was initially suggested. In fact, an increase in heart disease that parallels an improvement in lifestyle suggests that other factors need to be addressed in order to reduce the risk of this life threatening situation. A variety of other factors are associated with the increase in heart disease. These involve oxidation of cholesterol as well as damage to the arteries by free radicals. The increase of cholesterol and triglycerides due to insulin resistance that can be triggered by cortisol produced during stress is where complementary support comes into play.

Rx Balance's Cardio Plex is formulated to offer support to individuals who wish to reduce their risk of heart disease, particularly by reducing cholesterol as well as free radical damage.

The most important ingredient in the formula is red rice yeast. Red rice yeast has been used for over a thousand years in China as support for what we now refer to as cardiovascular disease. One study undertaken under the supervision of cardiologist David Becker and published in June 2008 in the prestigious Mayo Clinic Proceedings highlighted the fact that the red rice yeast "can help reduce "bad" cholesterol as effectively as the statin drug Zocor". It is interesting to note in passing that the original statin drugs were derived from a similar yeast.

Polygonum cuspidatum extract is included in this formula to provide resveratrol. Resveratrol has demonstrated antioxidant activity, and cardioprotective activity as well as antifungal activity. Resveratrol is known to be one of the major active ingredients responsible for the cardioprotective effects of red wine. The Mayo Clinic notes that "Resveratrol might be a key ingredient in red wine that helps prevent damage to blood vessels, reduces "bad" cholesterol and prevents blood clots. ... research shows that resveratrol could be linked to a reduced risk of inflammation and blood clotting, both of which can lead to heart disease." <http://www.mayoclinic.com/health/red-wine/HB00089>

Coenzyme Q10 (CoQ10) has exhibited significant effects on cardiovascular health. This naturally occurring co-enzyme has been shown to lower cholesterol, improve congestive heart failure and exert significant antioxidant effects. At our clinic we have found that CoQ10 also has very important effects in improving oxygenation, especially oxygenation of the heart, thereby helping to increase overall well-being and energy in heart disease patients.

Pine bark extracts contain proanthocyanidins, among the best researched antioxidants. French researchers were able to show that it was the proanthocyanidins in maritime pine barks that saved Jacques Cartier and his crew from scurvy, not Vitamin C. Modern research has shown that proanthocyanidins have antioxidant activity that is 20 to 50 times greater than that of Vitamin C. The pine bark extract has also shown several other cardioprotective effects, including lowering cholesterol.

As potent antioxidants Resveratrol, CoQ10 and Pine Bark help protect cardiovascular tissues from the free radical damage initiated by the host of toxic chemicals present in our environment, food and water.

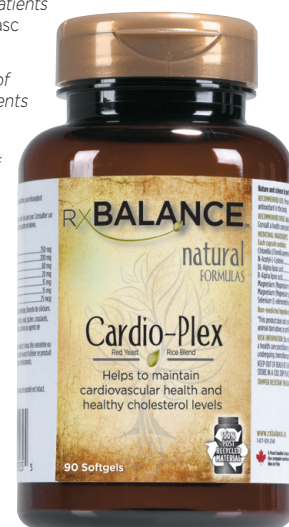
Plant sterols have been used in the natural health product industry for decades. In a May 2010 paper assessing the effects of plant sterols on cholesterol, (Summary of Health Canada's Assessment of a Health

Claim about Plant Sterols in Foods and Blood Cholesterol Lowering) Health Canada wrote... "Plant sterols help reduce [or help lower] cholesterol."

Cardio-Plex is a well rounded and complete cardio-protective formula that offers safe, time proven and scientifically validated ingredients for cardiovascular support.

Selected References

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