Cardimax contains a targeted blend of nutrients to support strong cardiovascular function and output. It provides a well-rounded, broad spectrum approach to supporting healthy blood pressure levels, increasing cardiac output, blood flow, antioxidant levels and cardiac energy levels. Two capsules of Cardimax contain 500 mg L-carnitine tartrate, 500 mg taurine, 200 mg hawthorne extract and 150 mg quercetin.

Overview
Optimal cardiovascular wellness depends upon a healthy cardiovascular system and the vascular system of the brain, kidneys and peripheral arteries. With aging, a number of physiological and morphological changes occur and many individuals require extra support. Cardimax provides several key ingredients to support cardiovascular health. Hawthorne extract and taurine, support cardiac output, promote healthy blood flow and help maintain healthy blood pressure levels; L-carnitine supports healthy energy levels, and promotes cardiovascular health. Quercetin supports normal levels of inflammation and blood vessel function.

Hawthorn Leaf & Flower Extract†
Herbalists have used hawthorn extract for centuries to support cardiovascular wellness and promote the contractile force of the heart. Its efficacy and safety have been confirmed in human clinical trials. Hawthorn has been shown to support healthy blood pressure, coronary blood flow and cardiac rhythm.[1] A double-blind, randomized clinical study (using two 50 mg tablets of hawthorn leaf and flower extract, 3 times daily) found that exercise among the study group increased exercise tolerance and output, compared to the placebo group. This study group also experienced better maintenance of healthy systolic blood pressure levels, both at rest and during maximum exercise.[2]

L-Carnitine†
The role of L-carnitine is to transport long-chain fatty acids across the mitochondrial membranes to enhance energy production in the form of ATP. One study (L-carnitine administered to 30 patients at a dose of 50 mg/kg/day) found that L-carnitine helped support healthy diastolic blood pressure after 6 months in 20 of the patients. It also enhanced cardiac output, thereby increasing circulation, tissue oxygenation and energy production.[3] In this way, L-carnitine has been shown to boost cardiovascular performance and preserve heart muscle tissue.[4] A recent 2013 meta-analysis of 13 studies concluded that L-carnitine clearly promotes positive cardiovascular outcomes, compared to placebo.[5]

Taurine†
A non-protein amino acid, taurine is the primary free intracellular amino acid in many tissues throughout the body. It is known to help balance calcium and potassium in muscle cells, a critical function to help the heart muscle operate as an efficient pump. Taurine has been found to have beneficial effects on mitochondrial health, promoting greater energy production in the heart.[6] Human studies on both taurine and L-carnitine have achieved significant clinical results. In a double-blind, randomized, crossover study of 14 patients, those who received the taurine treatment had improved markers of cardiovascular and pulmonary health.[7] In another study, a does of 3 g of taurine a day was found to significantly enhance systolic left ventricular function after only 6 weeks.[8]
Quercetin†
Quercetin, one of the most well researched and established plant bioflavonoids, has been shown to have significant benefits for cardiovascular health. These benefits are directly related to quercetin's function as an antioxidant promoting healthy blood vessels. Quercetin has long been known to support cardiovascular health and to support normal levels of inflammation. In an animal study using 10mg/kg of quercetin for 4 weeks, those receiving quercetin had a significant promotion of healthy systolic blood pressure levels.[9] Among healthy men who received a quercetin-rich supplement and were examined for blood vessel function, a significant enhancement of post-prandial blood vessel function was achieved.[10]

Directions
2 capsules two times per day or as recommended by your healthcare professional.

Does Not Contain
Gluten, corn, yeast, artificial colors and flavors.

Cautions
Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

References