

**A**IM CellSparc 360® supports cardiovascular health with a synergistic formula that combines coenzyme Q10 (CoQ10) with fish oil and tocotrienols (for vitamin E). CoQ10 is an essential nutrient for maintaining optimum performance of the heart and enhancing circulation.

The cardiovascular system, with the heart as the central pump, moves blood—containing oxygen and nutrients—through the blood vessels. This flow nourishes and oxygenates the body’s organs, tissues, and cells, allowing them to perform their many functions. In this way, the cardiovascular system contributes to the body as a united whole; therefore, it is critical to ensure that the cardiovascular system is functioning as well as possible.

The following statistics say it all: Heart disease is the number one cause of death for both men and women in the United States. More people die from heart disease than of AIDS and all cancers combined.

Heart disease is a group of conditions that affect the structure and function of the heart. The most common condition is coronary artery disease, in which the blood vessels become blocked or narrowed so that oxygen-rich blood has a difficult time reaching the heart muscle. Impaired blood supply can also lead to stroke; when the blood cannot reach the brain, brain cells begin to die and will continue to die until the blood supply is corrected.

### Protective Steps

Eat a balanced diet low in cholesterol, sodium, saturated fats, and trans fats and rich in whole grains, vegetables, and healthy fats. This is the first step in managing your weight, keeping your blood pressure down, controlling your blood sugar levels, and lowering your cholesterol. Although cholesterol intake from the diet does count, most of the cholesterol in your blood is actually produced by your own liver when you are stressed, so managing your stress levels is very important. Furthermore, regular exercise is extremely beneficial for heart health.

The next step is smart supplementation with CellSparc 360, a combination of plant-derived coenzyme Q10 (CoQ10), fish oil, and tocotrienols (vitamin E) for proven



### Key Benefits and Features

- Supports cardiovascular health
- Helps maintain healthy triglyceride and cholesterol levels
- Increases energy production at the cellular level
- Helps maintain gum health
- Quick absorption
- Provides potent antioxidants
- Contains 60 mg of coenzyme Q10, 100 mg of palm oil providing 30 mg of tocotrienol/tocopherol complex, and 238.8 mg of fish oil per capsule
- Gelatin capsule is certified Halal and Kosher
- No harsh solvents used in coenzyme Q10 extraction process
- More than 18 years of safe and beneficial use by AIM Members
- 30 gelatin capsules

cardiovascular support. Their synergistic action results in the ultimate heart health supplement to ensure adequate energy production at the cellular level.

### Ingredients (per capsule):

#### Coenzyme Q10 (60 mg)

To produce its cellular energy source, adenosine triphosphate (ATP), the body must have coenzyme Q10 (CoQ10), which is found in cell membranes and in the mitochondria—energy factories of the cells. However, our bodies produce less CoQ10 as we age, so supplementation is crucial. Therefore, CellSparc 360 helps to support and maintain cardiovascular health by providing CoQ10.

According to an article in the American Journal of Cardiology, coenzyme Q10 is “an essential cofactor for mitochondrial energy production.” To spark your cells, increase your energy levels, and maintain overall health, supplement with CoQ10.

Small amounts of CoQ10 are found in some foods (e.g., spinach, broccoli, some vegetable oils, animal organs, and some types of fish), but it can be reduced or destroyed by cooking or refining. The liver can manufacture CoQ10 but is unable to produce enough if the body is deficient in any essential enzymes or cofactors—such as vitamins B3, B5, B6,

B12, C, or folate. Furthermore, stress and pollution deplete CoQ10 from our tissues, and aging makes CoQ10 production even more difficult.

Over the last few decades, science has demonstrated the efficacy of CoQ10 in promoting cardiovascular health. Countless books, articles, and studies explain the mode of action of this foundational energizer. Cardiovascular benefits include a reduction in angina, arrhythmia, atherosclerosis, cardiomyopathy, congestive heart failure, and mitral valve prolapse. CoQ10 also produces positive effects in people with infections, periodontal (gum) disease, and muscular dystrophy. The results of a pilot trial published online in 2011 indicate that Duchenne muscular dystrophy patients showed increased muscle strength when treated with CoQ10 added to their prednisone therapy.

This potent antioxidant increases the efficiency with which the heart pumps and helps the heart work more efficiently, resulting in healthier blood pressure. Japanese researchers have found that CoQ10 supplementation before and immediately after open-heart surgery is highly beneficial in restoring blood flow to organs and tissues. Studies also indicate that when supplemented under a doctor's supervision, CoQ10 may allow heart disease patients to decrease their medication.

CoQ10 is a fat-soluble nutrient, so CellSparc 360 combines CoQ10 with fish oil and tocotrienols for optimal absorption and quick utilization.

### **Fish Oil (238.8 mg)**

Another ingredient proven effective for cardiovascular health is fish oil. CellSparc's fish oils (sardine, anchovy, salmon, sprat, and clupea) provide omega-3 eicosapentaenoic acid (EPA 17.5%) and docosahexaenoic acid (DHA 12.5%), which have many proven heart health benefits.

*Dieticians of Canada* recognizes that the omega-3 polyunsaturated fatty acids in fish oil are thought to lower cholesterol and triglyceride levels, prevent uneven heart rhythms, help control inflammation, and prevent blood clots. Epidemiological studies have shown that in populations where large amounts of fish are consumed, there is little evidence of heart disease. MedlinePlus (a service of the U.S. National Library of Medicine and the National Institutes of Health) reports that omega-3 fatty acids in fish reduce the risk of an occurrence in people with a history of heart attack. It also reports strong scientific evidence of reduction of high blood pressure and blood triglyceride levels.

### **Palm Oil (100 mg), providing 30 mg of tocotrienol/tocopherol complex**

CellSparc's synergistic formula includes tocotrienols—potent antioxidants that help reduce free radical damage in the cardiovascular system and throughout the body. They provide a rich source of vitamin E, which is comprised of eight known

components. Most vitamin E supplements provide only one part—alpha-tocopherol. Studies show that tocotrienols have up to sixty times more antioxidant ability than alpha-tocopherol alone. The tocotrienols in CellSparc 360 provide a broader spectrum of vitamin E, much closer to the way it is found in nature.

Tocotrienols have also been shown to reduce high serum cholesterol levels. In one study, ninety people with high cholesterol levels followed the American Heart Association Step-1 diet and took 100 mg of tocotrienols for thirty-five days. In just five weeks, this program reduced their total cholesterol levels by 20 percent and their LDL (bad) cholesterol levels by 25 percent.

### **How to use**

- Take 1 capsule per day, preferably with meals containing fat.
- Keep out of reach of children.
- Contains fish.

### **Q & A**

#### **Is there anyone who should not take CellSparc 360?**

Consult a health care practitioner prior to use if pregnant, nursing, diagnosed with heart disease or taking medications. Not recommended for children.

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