

Suggested Dietary Program For a Healthy Vascular System

Dr. Larry J. Milam, H.M.D., Ph.D.

1 Eat as many Arginine rich foods as possible.

(Preferably 4 to 6 grams daily)

- Beans, legumes, nuts, fish, soy and chicken are good sources of protein and are high in Arginine.
- **VasuFlex™** is an excellent source of supplemental Arginine, Citrulline and Taurine.

Suggested Use: 6 capsules daily. (3 in the morning / 3 at night)

6 capsules = 4.50 g L-Arginine
300 mg L-Citrulline
150 mg Taurine

2 Consume a source of Omeg-3 everyday.

- **New Life 1000™** is an excellent source.

Suggested Use: 3 softgels per day

3 Consume a variety of antioxidants everyday.

- **Mega Pro Plus™** is an excellent source of multiple antioxidants.

Suggested Use: 1-2 capsules per day.

- **Alpha Pure™** is a unique water and fat-soluble antioxidant as well. Alpha Pure helps protect the body's fatty tissues and organs.

Suggested Use: 1 capsule per day.

4 Exercise at least 30 minutes, 3 times per week

5 Avoid saturated fat and trans fatty acids.

- This fat is often found in commercially baked goods such as crackers, cookies, cakes, pretzels and potato chips

6 Use Olive Oil in place of saturated and polyunsaturated fats.

7 Eat only bread made from whole grains.

References

Zimmer, Judith, Cooke, John P., The Cardiovascular Cure: How to Strengthen Your Self Defense Against Heart Attack and Stroke, Random House, 2002.

Ignarro, Louis, NO More Heart Disease: How Nitric Oxide Can Prevent -- Even Reverse—Heart Disease, St. Martins Press, 2005.

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#1 -Recommended Nutritional
Supplements to support
Endothelial Health

	Value
VasuFlex	59.90
Total of 180 Capsules	
Alpha Pure	19.95
Alpha Lipoic Acid	
Mega Pro Plus	29.95
Antioxidant Complex	
New Life 1000	19.95
Omega-3 Fatty Acids	
 Total Value	 129.75

For Only \$89.00

#2 - Nutritional Basics
Recommended to support
Cholesterol Management &
Energy Enhancement

	Value
Cardioplex	26.95
Folic Acid, B Vitamins and more!	
60 Capsules	
BioAvail	29.95
CoEnzyme Q10	
60 Capsules	
Signa Cell AM	34.95
Amino Acid Support	
60 Capsules	
Vita Balance 2000	20.95
Full Spectrum Multi Vitamin/Mineral	
90 Capsules	
Magnum C	18.95
PH neutral	
50 500 mg. Tablets	
 Total Value	 131.75

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