

# Health Awareness



## Heart Health Discoveries

(NAPSA)—You may know a diet rich in whole grains, fruits and vegetables is good for your heart, but what about nitric oxide? According to 1998 Nobel Prize winner Dr. Ferid Murad, nitric oxide helps keep arteries flexible and maintains blood flow.

The body produces nitric oxide naturally by increasing the amount of the gas in the cardiovascular system which is important to heart health. That's one reason Dr. Murad's research was used in developing a supplement known as Cardio Discovery.

The supplement contains the amino acid L-arginine, which is a key nutrient source that helps increase the body's production of nitric oxide. It also contains L-glutamine, an amino acid shown to help maintain cardiovascular health.

"The discovery of nitric oxide and its effects on the cardiovascular system is a major scientific breakthrough," says Dr. Murad. He adds that the new supplement should help people take advantage of his years of research on nitric oxide.

For more information, visit [www.cardiodiscovery.com](http://www.cardiodiscovery.com).