

Health Awareness®



Improving Heart Health

(NAPSA)—Pine tree bark may be at the root of good heart health. That's the news from doctors who say exercise and proper diet are effective ways to manage heart health—but that studies show a pine bark extract combined with a certain coenzyme may help as well.

The findings are significant, considering that the American Heart Association reports more than 64 million people suffer from cardiovascular disease in the U.S. The condition accounted for 931,108 deaths in 2001 alone—more than all cancer deaths, deaths from accidents and HIV deaths combined.

Studies have shown a supplement called PycnoQ10, which combines the coenzyme Q10 and pycnogenol (a pine bark extract), can help improve overall cardiovascular health when combined with a healthy lifestyle.

Individually, coenzyme Q10 and pycnogenol have been found to have beneficial effects on good and bad cholesterol levels, improve circulation, reduce high blood pressure and prevent blood platelets from aggregating and causing blood clots. According to health expert Dr. Steve Lamm, combining the two ingredients will have a beneficial effect.

Dr. Lamm explains that coenzyme Q10 and pycnogenol are powerful antioxidants that, combined, work together to protect and enhance the whole cardiovascular system—an assertion backed by a body of research.

PycnoQ10™ is available exclusively at General Nutrition Centers (GNC) nationwide. For more information, visit www.gnc.com or www.pycnogenol.com.