

## Nutritional Support for the Heart - CHF

Peter Brodhead CN

1. Ubiquinol form of CoQ10 ( Jarrow Formulas is my favorite for absorbability ) 100mg - 1 - 3x a day
2. L-Carnitine 500mg ( CarniPure is my favorite raw material supplier ) - 1 - 3x a day
3. Ribose Powder - 1 teaspoon 2x a day
4. Hawthorn extract - Gaia Herbs - Hawthorn Supreme phytocaps - 1 - 3x a day
5. Magnesium Taurate - Cardiovascular Research or Solaray - 1 - 3x a day

Ubiquinol is the most bioavailable form of CoQ10 - CoQ10 enhances the mitochondria ( *the energy producing units of the cells* ). This supports the heart by enhancing energy production in the heart.

L-Carnitine - transports fat to the heart for energy - like shoveling coal into a locomotive engine. It lowers triglycerides and raises good cholesterol HDL. The heart has more energy.

Ribose - is called “muscle sugar” it tastes like sugar but directly feeds the energy of muscles especially the heart muscle. It can lower blood sugar levels if taken on an empty stomach so be mindful if you tend to have low blood sugar.

Hawthorn extract - Hawthorn supports the structure of the heart. It supports the blood vessels around the heart and supports the heart itself. It is widely used in Europe for early stage heart failure and angina. It helps support the heart with arrhythmia.

Magnesium Taurate is a form of magnesium combined with the amino acid Taurine. Taurine supports the smooth transmission of nerve signals. In cats it prevents seizures. This combination supports the smooth electrical signaling to the heart.