

Exercise Can Give the Heart a Head Start



The **most active 25%** of people

- **Had an average reduction in heart disease between 48%-57%** with moderate and vigorous physical activity¹
- **Had an average reduction in heart disease between 54%-63%** with vigorous physical activity¹
- **Achieved at least 150 to 300 minutes** of moderate-to-vigorous aerobic physical activity each week²



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Heart & Circulation

Changing Lives with Nutrition

Standard Process:

- Has been changing lives with a whole food philosophy since 1929
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Teams-up with health care professionals
- Has been trusted by practitioners and patients for generations



The Nutrition Your Body Needs

1. Ramakrishnan R, D.A., Smith-Byrne K, Rahimi K, Bennett D, et al. . PLOS Medicine 18(9): e1003809. (2021).
2. Physical Activity. World Health Organization.





The **Support** Your **Circulation** Needs

Do Your Part for a Healthy Heart

The cardiovascular system plays a central role in everyday activities, such as exercise, stress regulation and temperature control. Keeping it healthy is essential to keeping your body healthy. Explore our high-quality supplements that deliver complex nutrients the way nature intended. They contain whole food-based and herbal ingredients to support healthy coronary blood flow, the body's natural inflammatory response function, and more.



Cardio-Plus® *Support Cardiovascular Health**

A heart supplement that helps support heart/ cardiovascular health and is an excellent source of niacin and vitamin B₆.*



B Vitality with CoQ10 *With B Vitamins to Support Cellular Processes**

This cellular health supplement contains coenzyme Q10 (CoQ10) to help protect cells from free radicals.*



MediHerb® Hawthorn *Herbal Heart Support**

Contains Hawthorn leaf and flower, which has been used traditionally to support healthy cardiovascular function.*



Olprima™ EPA/DHA *Omega-3 Support*

Through a 55:45 ratio of omega-3s EPA and DHA, this product supports cardiovascular and brain health while supporting the body's healthy inflammatory response.*



Explore these products, and many more, at
standardprocess.com/hearthealth



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.