

# Heart Power Multivitamin

## Essential Nutrition for Your Heart! 22 Synergistic Ingredients!

**My Personal Guarantee:** I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!** Thank you!

**Optimal Health Bridge:** 1-877-572-3444 **Customer Service Number** 443-450-4413

**Write to** 1539 Merritt Blvd Suite 142, Baltimore, MD 21222 **Fax** 443-408-1600

**Website:** [www.OptimalHealthBridge.com](http://www.OptimalHealthBridge.com)

Who should take True Heart Balance Multi? True Heart Balance Multi is for anyone with a heart condition of any sort. These nutritional ingredients are known to make a direct impact on the health and viability of your heart.

Listed on this page are effective heart healthy nutrients to lower your risk of heart disease. Our research indicates there are many natural ingredients that can significantly lower your chances of developing heart disease. In addition, these same nutrients can be taken to treat any heart conditions you may currently have. By incorporating these nutrients into your diet, you can maintain and even improve your heart health. **This is a True Heart Health Product!**



Smile!

Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

Optimal  
Heart Health  
Product

### Supplement Facts

Serving Size 3 Capsules

Amount Per Serving	% Daily Value	
Vitamin C (calcium ascorbate)	30mg	50%
Vitamin E (d-Alpha tocopheryl acetate)	15IU	50%
Niacin (niacin granular)	12.5mg	62.5%
Vitamin B6 (pyridoxine hydrochloride)	25mg	1250%
Folic Acid	400mcg	100%
Calcium (carbonate / calcium ascorbate)	257mg	26%
Magnesium (oxide)	200mg	50%
Selenium (amino acid chelate)	35mcg	50%
Chromium (polynicotinate)	60mcg	50%
L-Citrulline	150mg	*
L-Arginine	150mg	*
Green Tea Extract (98% Polyphenols / 70% Catechins / 45% EGCG)	150mg	*
TMG (betaine trimethylglycine)	75mg	*
MSM (methylsulfonylmethane)	125mg	*
Beta-Sitosterol (from 300mg of CardioAid plant sterols)	60mg	*
Guggulipid (2.5% extract providing 5mg of Guggulsterones)	100mg	*
ALA (alpha lipoic acid)	75mg	*
N-Acetyl-L-Carnitine	50mg	*
Hawthorne Extract (1.8% vitexin)	50mg	*
Resveratrol (from 50mg of polygonum cuspidatum 50% extract)	15mg	*
CoQ10	12.5mg	*
Policosanol (from cane sugar)	5mg	*

\*Daily Value not established.