

dietitian cassie's GUIDE TO HEART HEALTH

The key to
heart health
is two-fold:

First: You need to keep internal inflammation at bay by limiting consumption of sugar, grains, processed carbohydrates and refined oils.

Second: You need to heal existing inflammation with key heart protective supplements.

In this guide, I'll share with you my recommendations for accomplishing these two goals.

Top Supplements for Heart Health



Probiotics: These live bacteria are essential for your heart. Probiotics replenish good bacteria and crowd out bad bacteria, while playing a critical role in keeping inflammation down. My general recommendation is one [ProbioVive™](#) capsule taken 2-3 times per day, 15 minutes before meals.



L-Glutamine: This amino acid plays a vital role in rebuilding and maintaining the structural lining of your digestive tract. It works with probiotics to reduce inflammation and ward off sugar cravings. My general recommendation is two [Pure Glutacaps™](#) 2-3 times per day, 15 minutes before meals. They can be taken on the spot when a sugar craving occurs, and you may even crack open the capsule and pour the powder onto your tongue for faster relief!



Fish Oil: The omega-3 fatty acids in fish oil are important for your heart because of their ability to drive inflammation down. We can eat a lot of fish and still not get enough omega 3's to support heart health. My general recommendation is two [Pure Fish Oil](#) softgels 2-3 times per day, with food. Increase the dosage for additional support for achy joints, foggy memory and sore muscles.



CoQ10: This heart protective antioxidant produces energy for every cell in your body. The heart muscle contains the highest amount of CoQ10, and statin drugs deplete your body of this important antioxidant. Everyone can benefit from supplementing with CoQ10, and it's most certainly a must for those on a statin drug. My general recommendation is one softgel of [CoQ10Vive™](#) each morning, taken with or without food.

dietitian cassie's GUIDE TO HEART HEALTH

Remember, quality counts! Be sure you're not taking any ol' supplements as they can cause more harm to your heart than good if they aren't high quality (the opposite of what we're trying to achieve!).

With **The Daily Essentials Bundle™**, you've got all of your supplement bases covered! Enter the code **BOOKBONUS** for free shipping and \$5 off your first bundle!

Top Supplements for Heart Health



Magnesium: This mineral is responsible for normal muscle function, and your heart is a giant muscle! My general recommendation is two tablets of [Pure Magnesium](#), twice daily, taken with or without food.



Vitamin D: This vitamin is linked not only to heart health, but also to many other aspects of your health as well. Unfortunately, almost all of us have low vitamin D levels. The two primary ways to get vitamin D are exposing your skin to sunlight and taking a vitamin D supplement. Very few foods contain vitamin D, so it's virtually impossible to get the recommended amount just by eating foods containing it. My general recommendation is one [Pure Vitamin D](#) tablet per day. Increase to 2-3 tablets per day if your vitamin D level is below the recommended range.



Multivitamin A multivitamin helps your body and heart get what it needs to properly function so it can do what it needs to do! My general recommendation is two [MultiVive™](#) capsules per day, taken together or apart, with or without food.

The Daily Essentials
Bundle™

