



Move Freely, Live Fully

Do you dream of an active life free from aches and pains, but worry your heart health might hold you back? Let's explore the potential of omega-3s, coenzyme Q₁₀, boswellia, and safflower extract for a healthier, more vibrant you.



Omega-3 + Coenzyme Q₁₀



For Healthy Heart

Energise and Strengthen Heart Muscle

Improve heart health by enhancing muscle energy and function.^{1,2}

Improve Blood Circulation

Fight free radicals that harm blood vessels and reduces plaque build-up^{3,4}, promoting healthy circulation.

Optimise Heart Pumping

Boost blood pumped per beat^{5,6}, for improved energy and overall heart health.



Omega-3 + Boswellia + Safflower Extract



For Happy Joints

Relieve

Reduce joint pain and discomfort. Improve mobility and flexibility by inhibiting pain signals.⁷

Protect and Repair

Shield cartilage from damage by reducing inflammation.⁸

Enhanced Blood Flow

Support repair process by increasing blood flow to the joints.⁹



References:

- PH, L. and K, F. (1990). A six-year clinical study of therapy of cardiomyopathy with coenzyme Q10. *International Journal of Tissue Reactions*, 12(3), pp.169-171.
- Garrido-Maraver, J., D'Cordero, M., Orapesa-Avila, M., Fernandez Vega, A., Mata, M., Delgado Pavon, A., De Miguel, M., Perez Calero, C., Villanueva Paz, M., Catan, D. and A.Sanchez Alcazar, J. (2014). Coenzyme Q10 Therapy. *Molecular Syndromology*, 5, pp.187-197.
- DiNicolantonio, J., Bhutani, J., McCarty, M. and O'Keefe, J. (2015). Coenzyme Q10 for the treatment of heart failure: a review of the literature. *Open Heart*, 2(1), p.e000326.
- Fedacko, J. (2011). Coenzyme Q10 in Heart and Brain Diseases. *The Open Nutraceuticals Journal*, 4(1), pp.69-87.
- Niklowitz, P., Sonnenschein, A., Janetzky, B., Andler, W. and Menke, T. (2007). Enrichment of coenzyme Q10 in plasma and blood cells: defense against oxidative damage. *International Journal of Biological Sciences*, pp.257-262.
- Oleck, S. and Ventura, H. (2016). Coenzyme Q10 and Utility in Heart Failure: Just Another Supplement?. *Current Heart Failure Reports*, 13(4), pp.190-195.
- Bi, D., Chen, G., Cheng, J., Wen, J., Pei, N., Zeng, H., & Li, Y. (2020). Boswellic acid captivated hydroxyapatite carboxymethyl cellulose composites for the enhancement of chondrocytes in cartilage repair. *Arabian Journal of Chemistry*. doi: 10.1016/j.arabjc.2020.03.030.
- Rashan , L., Hakkim , F., Idrees , M., Essa , M., Velusamy , T., & Al Baloshi , M. et al. (2019). *Boswellia Gum Resin and Essential Oils: Potential Health Benefits – An Evidence Based Review*. *International Journal Of Nutrition, Pharmacology, Neurological Diseases*, 9 (2), 53. doi : 10.4103/ijnpd.ijnpd_11_19
- Delshad , E., Yousefi , M., Sasannezhad , P., Rakhshanbeh , H., & Ayati , Z. (2018). *Medical uses of Carthamus tinctorius L. (Safflower): a comprehensive review from Traditional Medicine to Modern Medicine*. *Electronic Physician*, 10 (4), 6672 6681. doi : 10.19082/6672