



Store hours:  
Thurs. 9AM - 8PM  
Fri. 8AM - 8PM  
Sat. 8AM - 6PM



## Cardio Cocktail

Visit our internet store at: [www.shaffervitamins.com](http://www.shaffervitamins.com) We feature over 700 Brand Names Featuring over 14,000 Products! **SAVE at least 30%-40%** on Every Order! **NO COMPUTER - NO PROBLEM!** Call (484) 695-9496 if you need assistance or if you would like us to place the order for you! We are listed at <http://www.fairgroundfarmersmkt.com> listed under Merchants — Specialty Shops. Check out our in store monthly specials!

# The Power of One - Cardio Cocktail

## The Situation

Career, family, and school are just a few of the activities that make up normal life in America. With the hurried pace of our lives, it has become increasingly difficult to enjoy a healthy lifestyle complete with exercise, plenty of rest, and a highly nutritious diet. Statistics indicate that the number of people struggling with low energy, stiff joints and other challenges is skyrocketing. The good news is that more and more people are looking for ways to increase the level of their health. But, how do we give our bodies the fuel that it needs in order to perform at optimum levels?

## The Nobel Prize Winning Research

In 1998, a team of American scientists won the Nobel Prize in Medicine for their discovery of the nitric oxide pathway. Nitric oxide is a powerful substance that helps to promote optimal blood flow and maintains smooth, Teflon-like texture of arteries.

Inside the artery, there is an inner lining called the endothelium. When nitric oxide is present in adequate amounts, the endothelium is

smooth and tough like Teflon. When there is an inadequate amount of nitric oxide, the lining in the walls of the arteries becomes sticky, like "Velcro."

So, how do we benefit from this Nobel Prize-winning research? The answer is a naturally occurring amino acid called L-Arginine. L-Arginine is the precursor to nitric oxide. Your body converts L-Arginine into nitric oxide that maintains healthy blood vessels and allows blood to flow efficiently and smoothly throughout the body.

## The Solution

The Cardio Cocktail provides your body with a host of essential vitamins, minerals, amino acids, antioxidants and other vital nutrients. Born in a blend of potent antioxidant juices, the Cardio Cocktail delivers results in a highly absorbable, great-tasting liquid. In just a few seconds each day, you can give your body a powerful dose of science-based nutrition.

## The Product

The Cardio Cocktail is a powerful blend of nutrients containing five grams of L-Arginine per ounce, plus vitamin D, B vitamins, EDTA, Omega 3 fatty acids, OPC's from grape seed extract, and

minerals. The Cardio Cocktail is a great-tasting liquid product utilizing a potent blend of fruit juices including acai, goji, mangosteen, noni, tart cherry, and red raspberry that is quickly absorbed by the body via our proprietary fulvic mineral delivery system.

## L-Arginine

L-Arginine is the precursor to nitric oxide. The body converts L-Arginine to nitric oxide. L-Arginine has been proven to support a healthy cardiovascular system. The Cardio Cocktail delivers 5 grains of pure grade L-Arginine per ounce.

## Omega 3 Fatty Acids

According to the American Heart Association, omega 3 fatty acids are a great way to support cardiovascular health. The Cardio Cocktail uses perilla oil as its source of omegas. Perilla oil is a plant-derived ingredient that is higher in omegas than flaxseed oil. Since Perilla oil is plant-derived, there is no concern with fish allergies. And, it does not taste and smell like raw fish.

## Antioxidants

The Cardio Cocktail is filled with a variety of antioxidants including OPC's, or oligomeric proanthocyanadins and polyphenols from grape seed extract. They include xanthenes from mangosteen, polysaccharides



from goji, and proxeronine from noni. These elements are many times more potent as antioxidants than vitamins. Antioxidants are proven to help the body maintain health.

### **Adaptagens**

An adaptagen helps all the systems of the body to better deal with the stresses of life. The Acai berry is an all natural super food that is harvested in the Brazilian rainforest. The natives of Brazil have used the Acai berry for thousands of years, and it is believed to have amazing healing and nutritional properties. Acai is the only known super fruit that contains a complete array of vitamins, minerals, and essential fatty acids. The Acai berry contains B1, B2, B3, Vitamin E, Vitamin C, Phosphorus, Calcium, Potassium, Fiber, Proteins, Omega 6, Omega 9, and many more nutrients.

### **Cleansing**

The Cardio Cocktail includes EDTA to aid the body in the removal of toxins and other harmful elements. EDTA has been used for decades as a cleansing agent.

### **Vitamins**

The Cardio Cocktail is fortified with vitamins, A, B1, B2, B3, B6, B12, C, and D. These vitamins have been shown to support cardiovascular health, healthy vision and proper brain function.

The research of Vitamin D shows some very promising benefits. Vitamin D is a fat soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D maintains serum calcium and phosphorous concentrations by enhancing the

efficiency of the small intestine to absorb these minerals from the diet. Maintenance of normal serum calcium levels is vital for normal functioning of the nervous system as well as for bone growth, maintenance of bone density, and healthy teeth. There is also considerable scientific evidence that vitamin D has a variety of effects on system function that may build the immune system.



### **Minerals**

Fulvic Minerals are naturally plant-derived minerals. The fulvic minerals act as a transporter for the L-Arginine and antioxidants. The fulvic minerals help to increase the ease with which the body absorbs the nutrients.

### **The Proprietary Super Fruit Juice Blend**

The Cardio Cocktail employs a potent blend of some of the most nutritious fruit juices on the planet including Noni from Tahiti, Goji from the Himalayas, Acai from the Brazilian rainforest, Mangosteen from the Sunda Islands, red raspberry from State of Washington, and tart cherry, grown primarily in Michigan. The benefits of these juices individually are legendary. When combined they create a blend that your body will love.

### **Cocktail Benefits**

- ◆ More Energy
- ◆ Supports cardiovascular health
- ◆ Supports healthy vision
- ◆ Supports healthy sexual performance

- ◆ Contains cognitive nutrients that support proper brain function
- ◆ Packed with valuable and beneficial antioxidants
- ◆ Daily vitamins and minerals
- ◆ Omegas
- ◆ All your daily nutrition in a single highly concentrated dose

### **Testimonials**

“Wow! What a concept—all liquid and no pills! This tasty health supplement is one of a kind! Your energy will soar as your health takes you to new heights and possibilities! The Cardio Cocktail is here, and it is here to stay!”

*Christopher M. Colgin, DC*

“This product represents the most significant breakthrough in a nutritional product I have ever seen. The science and research supporting the ingredients in Cardio Cocktail is staggering. I have been using L-Arginine in my medical practice for over a decade with tremendous results. More importantly, I believe I owe a great deal of my personal health to L-Arginine supplementation.”

*Dr. Joseph Prendergast, MD*

“Cardio Cocktail is a one-product REVOLUTION! In just one tasty ounce you get all the vascular benefits of 5,000 mgs of L-Arginine, oral chelation and omega 3-6-9's. All this has been put in a base of some of the most potent antioxidants known. In addition, the Vitamin D content will definitely help the vitamin D deficiency most people are suffering from!”

*Dr. Elizabeth Owings, MD*

"I have never seen a product with so many incredible action-packed ingredients in one bottle. And, to top it off, it even tastes good! I love to tell others about it and to see many lives restored to health and vitality. I feel honored to be a part of this great company. Thank you, ForMor!"

*Dr. Sandra C. Denton, MD*

"My personal experience with the Cardio Cocktail can be summed up in one word ENERGY! I take my Cardio Cocktail every day to keep my energy high. My mental acuity and alertness has enhanced dramatically. Thank you ForMor for such a wonderful product. I recommend it to everyone."

*Dr. Jerry V. Register, DC*

I often wondered what would happen if you combined the massive scientific evidence backing the healing powers of L-arginine, with the strong testimonials coming from around the world on therapeutic properties of noni, acai, mangosteen and suit goji. Well I don't have to wonder anymore! Thanks ForMor for being on the cutting edge and placing us ahead of the pack. This is going to be one blockbuster product!"

*Dr. Harry Elwardt, ND, PhD*

## **Frequently Asked Questions**

### *How much should I take?*

The normal maintenance dose is one ounce a day. However, depending on your desired results, you could take two to three ounces a day in divided doses.

### *How should I take the product?*

The best way to take the product is on an empty stomach followed by eight ounces of filtered or distilled water, NO chlorinated

water.

### *When should I take the product?*

The best time to take the product is twenty minutes prior to eating. Many people take the product in the morning before breakfast. Some take the product at night, just before going to bed. Some take the product throughout the day. It is important to take the product consistently, so find the time that works best for your situation and your body.

### *What if I am on medication?*

Again we suggest that you always consult your physician or pharmacist before taking any nutritional supplement. This is especially important if you are currently taking medication(s) prescribed by a doctor.

### *Can I take too much?*

Typically, if you take more than your body needs or wants, your body will eliminate the excess. In some cases, taking more than you need can cause diarrhea. If this occurs, reduce the amount.

### *What type of water should I use?*

Distilled water works the best. There should be no minerals or other elements in the water to compete with the nutrients. Chlorinated water should never be used to dilute the product or follow the product. Many cities chlorinate their tap water, so be sure to find out before using tap water.

### *How quickly can I expect results?*

Many people feel results almost immediately. However, the true benefits of Cardio Cocktail come from consistent long-term use.

### *How long do I need to take the product?*

That depends on how long you would like to receive the benefits. Cardio Cocktail is a super-food for your body. It is the long-term, consistent use that will yield the best results.

### *Is it safe for children?*

We do not recommend this product for anyone under the age of eighteen. Their bodies are still growing and have not developed the need for all of the ingredients in Cardio Cocktail. We have other products that are great for children.

## Digital Pulse Analyzer (DPA) – Arterial Compliance Testing

Preventative – Non-Invasive – Easy to Use – FDA Approved



The DPA provides information on arterial wall stiffness and determines the biological age of arteries in less than 3 minutes. This FDA approved, user-friendly, non-invasive device uses a finger probe to observe the changes in pressure, blood flow, velocity and profile throughout the whole pulse wave.

Aging and disease states associated with an increase in cardiovascular events alter the physical characteristics of blood vessel walls and impair the pulsatile function of arteries. Impaired pulsatile function of arteries provides important prognostic and therapeutic information beyond that provided by traditional blood pressure measurements.

Meridian believes that the use of the DPA can help caregivers reduce cardiovascular disease in their patient populations through early detection and prevention, and ultimately assist to decrease the associated financial costs placed on the health care industry.

Cardiovascular disease is the #1 killer for both men & women in the United States with an estimated economic cost of approximately \$298 billion

In summary the DPA provides:

- Early detection of arterial wall stiffness
- Biological age of arteries
- Information regarding efficacy of treatment choices
- A tool to monitor the arterial wall response to lifestyle changes / reduction of cardiovascular risk factors
- Digital Pulse Analyzer (DPA) – Heart Rate Variability

The DPA now has an added software feature that measures Heart Rate Variability. Decreased HRV implies decreased ability to respond to changes in the environment. Too much consistency in heart rate (less variability) is often associated with dysfunction and disease. The DPA software analyzes imperceptible changes in the heart rate waveforms, provides indices and evaluates the current body condition and activities/balances of the autonomic nervous system.

Low HRV has been shown in numerous longitudinal studies to be related to a higher mortality rate in both healthy and unhealthy subjects. It thus can be shown to be a strong predictor of all-cause mortality. The heart is not just a simple pump, but a complex sensory organ with its own functional "heart brain" that communicates with and influences the brain via the nervous system, hormonal system and other pathways.

Research has shown that these influences profoundly affect brain function and most of the body's major organs. Science now confirms that stress significantly increases the risk of heart disease, including sudden cardiac death. Unmanaged emotional stress is equally if not more important than physical variables in determining health outcomes. A conservative estimate is that 75% of visits to primary care physicians are due to stress related disorders.

Cardiovascular-related issues are not the only uses for the DPA. Psychologists are increasingly recognizing the importance of HRV. A number of studies have demonstrated that patients with anxiety, phobias and post-traumatic stress disorder (PTSD) consistently show lower HRV, even when not exposed to a trauma related prompt. Importantly, this relationship existed independent of age, gender, trait anxiety, cardio-respiratory fitness, heart rate, blood pressure and respiration rate.