

Cardiovascular Disease Protective Tool: OmegaRich+Garlic Guard



OmegaRich

Features:

New Health OmegaRich is manufactured using a proprietary refining and concentrating process to ensure the fish oil is free of toxins and heavy metals. The bioavailability of the natural TG-form of fish oil is three times higher than the synthetic EE-form. Each capsule contains a high concentration of 55% of EPA and DHA with 330 mg of EPA and 220 mg of DHA. OmegaRich is enriched with natural mixed vitamin E, d- α , β , and γ tocopherol to preserve the freshness of fish oil by protecting against fatty acid oxidation.

Omega-3 fatty acids are considered essential fatty acids: They are necessary for human health but our body can't make them so we can only obtain them through our daily diet. Researchers found that Omega-3 fatty acid in fish oil could help lower plasma triglyceride¹ and low-density cholesterol (LDL) levels and reduce the risk of having coronary artery disease. Fish oil could also improve hypertension, and has demonstrated good treatment effect for Crohn's disease, rheumatoid arthritis and other inflammatory diseases. In addition, fish oil could prevent cancer, help the fetus and the newborn infant during brain and nerve system development. Moreover, fish oil is beneficial against psychological diseases including depression, bipolar disorder, schizophrenia, dementia and psychiatric disorders during pregnancy and breastfeeding².

Recommended For People With:

1. People of all ages; but especially elderly, pregnant women, and developing children.
2. People with low fish consumption; especially diets low in fresh-cold-water fish.
3. People who eat fried or high fat-content food.
4. Individuals seeking to promote joint, immune, and cardiovascular health.

Reference:

1. *Metabolomics*. 2009 Sep;5(3):363-374. Epub 2009 Apr 26.
2. *Ann Clin Psychiatry*. 2000 Sep;12(3):159-65.



Garlic Guard

Features:

New Health Garlic Guard utilizes a high-tech, low temperature concentration process to retain garlic's main active ingredient, allicin. Each capsule contains 550 mg garlic powder which provides a minimum of 6,000 μ g of allicin.

Research has shown that the function of garlic includes inhibiting lipid synthesis, reducing blood concentration, reducing platelet (stickiness) aggregation, preventing thrombosis formation, elevating the anti-oxidative ability of vascular endothelial cells, preventing red blood cells and LDL oxidation, reducing arteriosclerosis risk, reducing blood pressure and enhance body antioxidation ability³. Research also found that garlic could help lower blood cholesterol, triglycerides and blood pressure (systolic pressure) to help prevent arteriosclerosis⁴. Other benefits of garlic include its ability to reduce sedimentation on the endothelium, improve arterial elasticity and reduce clots, and thus lower the rate of occurrence of stroke and myocardial infarction⁵. The main mechanism is that allicin and ajoene in garlic can inhibit the formation of iNOS, which worsens atherosclerosis, and then leads to the improvement of atherosclerosis⁶.

Recommended For People With:

1. People with diets high in meat, fried, raw, processed, or fermented foods.
2. People with poor eating habits, or who frequently dine out or attend social events.
3. Individuals who frequently experience stomach uneasiness or have history of gastric ulcer.

Reference:

3. *J Nutr*. 2006 Mar;136(3 Suppl):736S-740S.
4. *Prostaglandins Leukot Essent Fatty Acids*. 2000 Apr, 62(4): 253-259.
5. *Atherosclerosis*. 1999 May;144(1):237-49.
6. *Atherosclerosis*. 1998 Aug;139(2):333-9.