

coralclub

Cardiopack

PROPERTIES:

- improves heart muscle functions
- protects from oxidative stress
- supports a normal sinus rhythm
- supplies heart cells with energy

SET INCLUDES:

- Coral Magnesium, 1 bottle (90 capsules)
- Coral Taurine, 1 bottle (60 capsules)
- Coenzyme Q10, 1 bottle (60 capsules)
- PentoKan, 3 tubes (60 effervescent tablets)

Dietary supplement. Not intended to diagnose, treat, cure, or prevent any disease.



PentoKan – source of potassium, vitamin C and ribose. Potassium is an essential nutrient used to maintain the electrolyte balance in the body. Potassium plays an important role in ensuring good heart health. This mineral is essential for the body to produce energy for physical activity. Effervescent tablets increase the bioavailability of potassium for the body.

Coral Taurine – highly bioactive taurine amino acid, has a beneficial effect on the functioning of the heart muscle; regulates the metabolism of calcium, potassium, magnesium and sodium, responsible for a stable heart rhythm. This product improves energy exchange and helps to prevent heart muscle aging.

Coenzyme Q10 – source of ubiquinone. Plays an important role in the production of cellular energy and is necessary to maintain the normal functioning of the heart muscle. This product is very useful when having an increased physical activity.

Coral Magnesium – source of magnesium. This dietary supplement actively supports cardiovascular health and neuromuscular tissue function. The product contributes to the synthesis of enzymes, it normalizes the metabolism, and actively regulates the calcium and sodium balance on a cellular level. This is a specially designed mineral complex that contains Magnesium taurate (an organic compound of taurine amino acid) and glycinate (organic compound of glycine amino acid).

Take one capsule/tablet of each product according to the following schedule:

	MONTH 1	MONTH 2		
 MORNING	Coral Magnesium Coral Taurine	Coenzyme Q10 PentoKan	Coral Taurine Coenzyme Q10	PentoKan
 EVENING	Coral Magnesium		Coral Magnesium	

The products in this pack will last 60 days.
The set can be taken a 2nd time in succession.

DIETARY GUIDELINES

RECOMMENDED PRODUCTS

- dried apricots, apricots, raisins
- pumpkin
- broccoli
- buckwheat and rice
- bitter chocolate
- eggs
- lentils and beans
- berries (currant, cherry, cranberry, lingonberry, raspberry)
- apples
- asparagus
- bran
- carrots and potatoes

- olive oil
- fish
- lean meat
- pine nuts, walnuts, almonds

FOODS TO EXCLUDE

- fast food
- products with trans fats
- fatty, fried foods
- excessively sweet or salty foods
- products with chemical preservatives
- drinks with a high content of caffeine (coffee, tea, energy drinks)

LIFESTYLE RECOMMENDATIONS

- control body weight by maintaining a balance of physical activity and calorie intake
- do not overeat, eat smaller meals more often (4-5 times a day)
- drink enough water (we recommend water supplemented with Coral-Mine)
- do not smoke
- sleep at least 7 hours a day
- monitor your blood pressure