A CHANGE OF HEART THROUGH NUTRITION

WHAT IS THE CARDIO/ION℠ PROFILE?

The Cardio/ION (Individual • Optimal • Nutrition) Profile is a comprehensive test that reveals whether something is lacking in your nutrition, or if your body’s ability to produce energy from the food you eat is being disrupted. And equally important, it assesses your risk factors for cardiovascular disease (CVD). Over time, nutritional deficiencies can result in a variety of chronic health conditions. The Cardio/ION Profile can help determine the source of these conditions.

How can the Cardio/ION Profile help me?

According to the American Heart Association, 1 in 3 adults has some form of cardiovascular disease.¹ The Cardio/ION identifies key risk factors for CVD, that can be modified by improving nutrition, and measures:

- **Fatty Acid imbalances**, which can lead to chronic inflammation, a probable cause of CVD
- **High Fibrinogen***, which can make the blood more sticky, increasing risk of clots
- **Homocysteine**, an important risk factor for not only CVD, but stroke and dementia as well
- **Coenzyme Q10**, a fat-soluble, vitamin-like substance in every human cell that impacts energy production and acts as an antioxidant
- **Fasting Insulin**, an indicator of insulin resistance that can often lead to metabolic syndrome, type 2 diabetes and CVD
- **Sufficient antioxidant protection**, shown in studies to help reduce fatty deposits on artery walls and limit cell damage that can lead to CVD
- **C-reactive protein (hs)**, a marker of CVD inflammation

*Not reported in New York

¹. N. Hanes 1999-02, CDC/HCHS (American Heart Association)