



# spotlight on health

## A More Convenient Approach To Heart Health

(NAPSA)—Here's news many Americans can take to heart. In addition to diet and exercise, there is a new heart health product with aspirin available to help reduce heart disease risk factors.

Cardiovascular disease poses a major health threat to both men and women in the U.S. According to the American Heart Association, more than 71 million adults in the U.S. have at least one type of cardiovascular disease. These include dysfunctional conditions of the heart, arteries and veins that supply oxygen to life-sustaining areas of the body such as the brain, the heart itself and other vital organs.

These conditions can be caused by a buildup of fatty deposits in the arteries, elevated cholesterol, high blood pressure and poor circulation. Patients with cardiovascular disease are at increased risk for heart attacks, strokes and death.

A healthy diet and regular exercise are important steps in the prevention of cardiovascular disease. In addition, a new and complete heart health product has been developed that combines the known benefits of doctor-recommended, low-dose aspirin with heart health vitamins and other supplements. These ingredients have been clinically shown to reduce the chances of heart attack and stroke, and may help lower blood pressure and cholesterol levels and help manage other cardiovascular risk factors.

Called CardioEA™ Enhanced with Aspirin, each safety-coated caplet contains 81 mg of doctor-recommended, low-dose aspirin plus a complex of vitamins B6, B12, Folic Acid, L-Arginine and Aged Garlic Extract™ (AGE). It provides heart health-conscious consumers with the opportunity to help manage many of the risk fac-



**A new product of heart-healthy vitamins and supplements combined with doctor-recommended aspirin, in conjunction with a healthy diet and regular exercise, can help reduce heart disease risk factors.**

tors that contribute to heart disease with a single daily caplet instead of taking various supplements and aspirin every day.

This is the first in a new category of preventive and wellness products called OTCeuticals™, manufactured by the Alan James Group, a health care-focused consumer products company based in Boca Raton, Florida. OTCeuticals are vitamins, minerals, herbs and other supplements that are combined with FDA-monographed, Category 1 USP-grade ingredients in rational, safe, effective and convenient combinations.

In addition to CardioEA Enhanced with Aspirin, the Alan James Group's OTCeuticals pipeline includes products for bone & joint and gastrointestinal health, among others.

CardioEA Enhanced with Aspirin is available in the vitamin section at most major supermarkets, chain drug and discount retailers.

To learn more, visit the CardioEA Web site at [www.cardioea.com](http://www.cardioea.com).