

# ♥ HEART HEALTH

## Get Heart-Healthy With Garlic Extract

(NAPSA)—Scientists continue to work on ways to contain cardiovascular disease, which includes diseases of the heart and circulation. It's the number one killer in the U.S. The most significant cause of this condition is arteriosclerosis—a progressive thickening and hardening of the arterial walls throughout the body's circulation system.

These changes to the arterial walls, defined as plaque formations, can begin at a young age and lead to a narrowing of the inside of the blood vessels while affecting blood flow. As the years progress the first symptoms can appear, including a feeling of tightness in the chest, dizziness, forgetfulness or painful walking. If left unchecked, arteriosclerosis can result in life-threatening heart attacks, strokes and other conditions.

Certain risk factors increase the probability of developing arteriosclerosis and accelerate the progression of the disease. Some of the risk factors include: elevated levels of cholesterol and triglycerides, high blood pressure, diabetes, smoking, obesity and stress. To prevent or reduce the impact of arteriosclerosis, it is advisable to learn more about these risk factors, consult with a doctor about early detection, and adopt a healthy diet and lifestyle.

In addition, a recent study conducted by a renowned cardiovascular researcher suggests that taking a daily dosage of 300 mg of Kwai® Garlic extract not only prevents this harmful plaque from forming in arteries, but can also disrupt already-formed plaque. These findings may have signifi-



cant implications for individuals who have the disease, as well as those who want to prevent it.

The use of garlic as a natural way to fight heart and other diseases dates back several thousand years—a testament to the safety of long-term use. However, not all garlic supplements can prevent or disrupt plaque from forming. Kwai Garlic was the only brand used in the study.

Kwai's exclusive LI 111 formula contains all the components of garlic cloves, and is both odorless and tasteless. The recommended supplementation of a balanced diet with garlic extract is six-100 mg tablets per day to achieve heart-healthy benefits. Kwai Garlic supplements can be found in drug stores or supermarkets. Before adopting dietary modifications, be sure to consult a doctor.

As found in this landmark study, preventing and controlling arteriosclerosis may be achieved. For more information write to ABKIT, Dept. GB, 207 East 94th Street, New York, NY 10128, call 1-800-226-6227 or visit [abkit.com](http://abkit.com).