

♥ HEART HEALTH

Heart Health On Your Mind?

(NAPSA)—Americans now have some news they can take to heart. Taking a certain combination of vitamins, minerals and other nutrients may help promote a healthy heart.

Heart disease is the number one cause of death among all Americans and claims more lives each year than the next six leading causes of death combined.

However, a recent clinical study found that taking the nutritional formula focused on cardiovascular health, Centrum® Focused Formulas™ for Heart, lowered homocysteine levels and slowed oxidation of low-density lipoprotein. Reducing these two emerging risk factors may help maintain heart health.

Results of the clinical trial were presented at the Experimental Biology Meeting in Orlando, Florida, by Kevin Maki, Ph.D.

According to Dr. Maki, the Heart Formula's effect on homocysteine levels is particularly significant, as excess homocysteine in the blood is associated with a person's risk of coronary heart disease and stroke. By lowering homocysteine levels individuals may help maintain their cardiovascular health.

"Our study showed that Cen-



Maintaining heart health may be much easier with a specially-designed vitamin formula.

trum® Focused Formulas™ for Heart may help reduce the risk of heart disease by affecting two emerging cardiovascular risk factors," said Dr. Maki. "The Heart Formula blends a targeted combination of essential vitamins, minerals and other nutrients, including vitamin E, selenium, manganese, vitamin B6 and B12, and folic acid. The combined benefits of these nutrients, along with exercise and a diet that is low in saturated fat and cholesterol, may have a positive impact on heart health."

Centrum® Focused Formulas™ for Heart is manufactured by Whitehall-Robins Healthcare, a division of American Home Products Corporation (NYSE: AHP).