

## Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Cardiofend <sup>®</sup> s
Plant sterols	2,000 mg	2,000 mg
MicroActive <sup>®</sup> CoQ10	120 mg of crystalline CoQ10	160 mg of MicroActive CoQ10 complex (with 40 mg of triple absorption CoQ10)
resVida <sup>®</sup> resveratrol	30 mg	30 mg
Arjuna bark	500–1,500 mg	500 mg

<sup>s</sup>Serving size: 2 vegicaps • Daily dose: 4 vegicaps

## Supplement Facts

Serving Size: 2 vegicaps

Servings Per Container: 60

Amount Per Serving	% Daily Value
<b>Plant phytosterols</b> (from vegetable oils) Total phytosterols minimum 95% (1000 mg) Typical profile β-sitosterol 40–58% campesterol 20–30%; stigmasterol 14–22% brassicasterol 0–6%; and sitosterol 0–5%	1052.5 mg †
<b>Turmeric <i>arjuna</i></b> (bark powder)	250 mg †
<b>Coenzyme Q10</b> as CoQ10-SR <sup>®</sup> MicroActive <sup>®</sup> CoQ10 Complex	40 mg †
<b>Resveratrol</b> (99% transresveratrol) as resVida <sup>®</sup>	15 mg †

† Daily value not established.

Other ingredients: vegetable cellulose, rice flour, vegetable magnesium stearate.

resVida<sup>®</sup> is a registered trademark of DSM.

MicroActive<sup>®</sup> is a registered trademark of BioActives LLC.

**This product is gluten-free.**



### Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.  
Every dosage consistent with clinical research.  
No exceptions. No compromises.

**QOL Labs<sup>®</sup>, LLC**

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# Cardiofend<sup>™</sup>

QOL LABS<sup>®</sup>

with Plant Sterols,  
CoQ10-SR<sup>®</sup>, Resveratrol,  
and Arjuna

**Supports cholesterol & blood pressure levels already within a healthy range\***

**Maintains healthy, flexible arteries\***

For studies on each ingredient, please visit:

[www.humanclinical.org](http://www.humanclinical.org)

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Understanding Cardiovascular Health

Your cardiovascular system is a lot like a gas pump. Just like a gas pump includes the pump itself as well as the tubes that carry the gas, your cardiovascular system includes your heart itself as well as the vessels that carry your blood. So it's absolutely essential to protect both!

Multiple factors can affect the health of your heart and your vessels, including:

- **Your blood pressure.**

As blood passes through your vessels, the force it exerts against the vessel walls is called blood pressure. When blood pressure is too high, it forces your heart to work overtime.

- **Your cholesterol levels.**

Your arteries carry blood away from your heart to the rest of your body. High levels of LDL (“bad”) cholesterol can form a sticky buildup on your artery walls, making it harder for blood to get through.

- **Your arterial health.**

If your arteries become hard and stiff, it becomes difficult for them to expand and contract as needed to accommodate changes in blood flow.

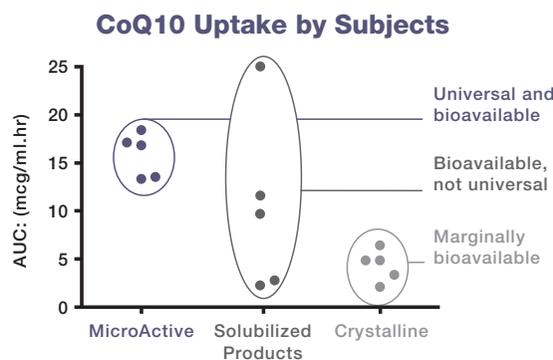
- **Your blood flow.**

Like every part of your body, your heart needs oxygen-rich blood to function. That's why it's vital that your heart get plenty of blood every second of every day.

## The Four Actions of Cardiofend™

1. **Helps maintain blood pressure levels already within normal range,\* with guaranteed-absorption MicroActive® Q10.**

As a key player in the manufacture of ATP, CoQ10 helps fulfill the energy demands of the heart.\* Other forms of “bioavailable” (solubilized) CoQ10 may be well absorbed by some but poorly absorbed by others. However, MicroActive Q10 has been clinically proven to double CoQ10 levels in 100 percent of users.



2. **Lowers cholesterol, with plant sterols.\***

Plant sterols are structurally similar to cholesterol, so they compete with it for absorption. As a result, diets low in saturated fat and cholesterol that provide a daily total of at least 0.8 grams of plant sterols may reduce the risk of heart disease. While many plant sterol products provide as little as 0.8 grams of plant sterols per day, Cardiofend supplies a full 2 grams — the amount found effective in a recent meta-analysis of 20 studies.

3. **Promotes clean, flexible arteries, with resVida® resveratrol.\***

A human clinical trial conducted by the University of South Australia found 30 mg of resVida per day increased arterial flexibility.\*



4. **Supports healthy blood flow to the heart, with arjuna bark.\***

Two human clinical trials have demonstrated that arjuna bark, at a dosage of 500–600 mg daily, supports healthy blood flow to the heart, presumably by causing the blood vessels to dilate.\*