

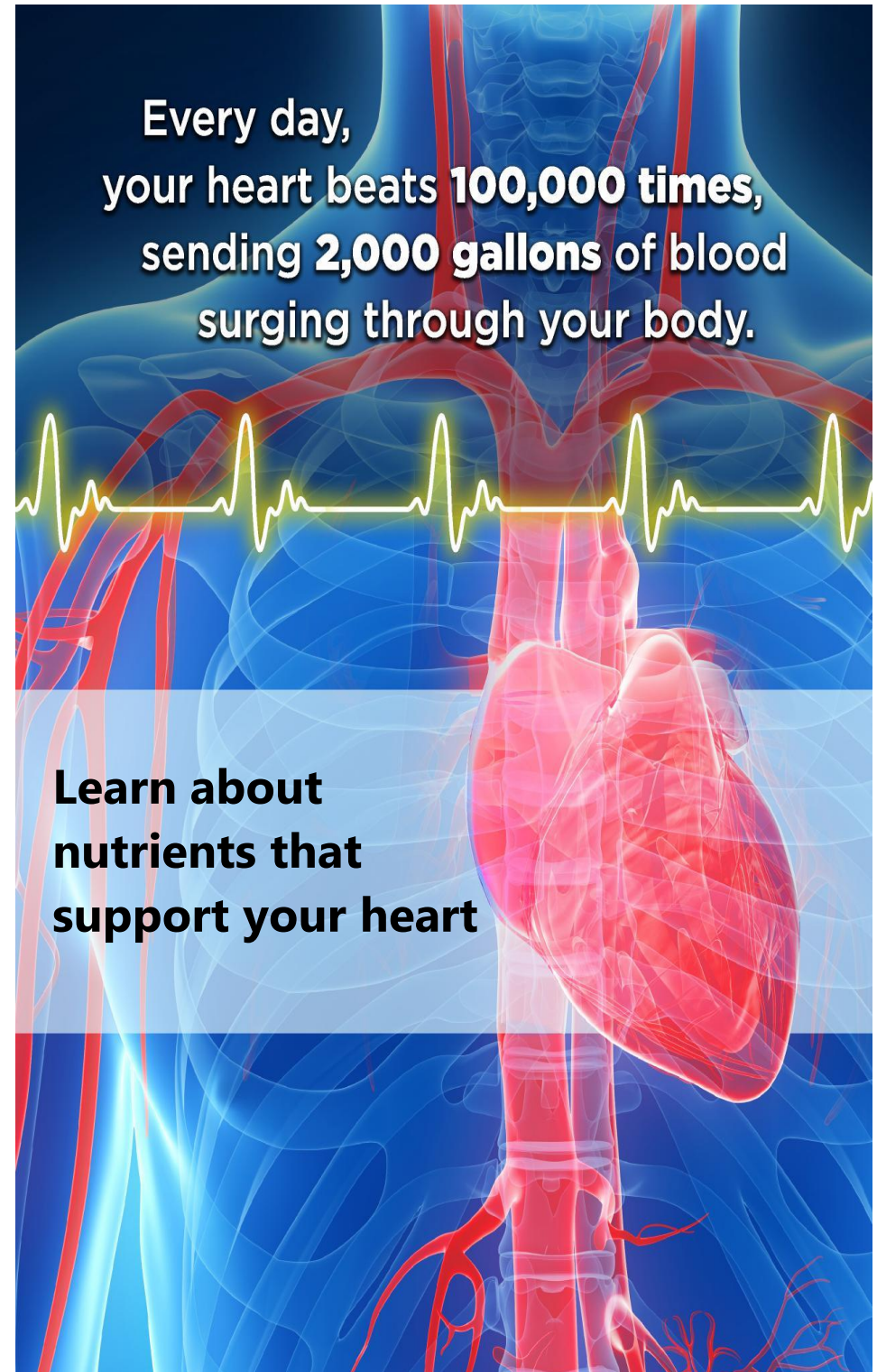
The Heart Sound Recorder is a computer-based low risk general wellness monitor which uses the principles of auscultation to observe heart sounds.

The heart's reaction to certain stressors, (i.e. chemical, nutritional and emotional), can be observed using this type of device.

Certain types of heart stress can be monitored by seeing the RATE, RHYTHM and TONE of the heart cycle on the graph.

- ♥ Your nervous system controls the **RATE** at which your heart beats. One side of your nervous system (sympathetic) manages your “fight or flight” response and can accelerate your heart rate. The other side (parasympathetic) manages your “rest and digest” response and can slow your heart rate. You need a healthy balance between the two.
- ♥ The **RHYTHM** of your heart should show a specific work to rest ratio on the graph. Your heart should be resting twice as long as it is working. Observations are made to see if your heart is working too hard, or not working hard enough.
- ♥ The **TONE** of your heart is referring to the strength of the ventricles as they push blood through your body. The height and the width of the ‘lub dub’ sound your heart makes on the graph, shows how efficiently your heart is pushing blood through your body and refilling to prepare for the next cardiac cycle.

As with any wellness device, recommendations for lifestyle changes implied by using this technology should be undertaken only with the guidance of a licensed physician, therapist, or holistic healthcare practitioner. The findings from this device can be used to support, but should not be used in place of, sound medical therapies and recommendations.



**Every day,
your heart beats 100,000 times,
sending 2,000 gallons of blood
surging through your body.**

**Learn about
nutrients that
support your heart**



Adrenal Desiccated supports endocrine health.

- Provides powerful short-term adrenal support for immediate energy needs
- Supports immune system function during times of increased demand



Calcium Lactate supports absorption of calcium and magnesium.

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation



Cardio-Plus helps support the cardiovascular system.

- Supports the healthy functioning of the heart and other muscles
- Supports healthy coronary blood flow
- Supports increased oxygen demand during exercise



Cardiotrophin PMG® supports heart muscle function.

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports the heart tone
- Supports normal heart cell growth and differentiation



Cataplex® B supports physical and nervous system health.

- Contains B-complex vitamins to support a healthy heart and healthy homocysteine levels
- Supportive to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells



Cataplex C supports the immune system, skin/connective tissue, and bone health.

- Supports and promotes normal immune system response function
- Promotes vascular integrity through support of the body's natural collagen-synthesis processes
- Supports healthy bone tissue
- Supports the adrenal glands



Cataplex® F supports the body's inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.

- Encourages the ionization of calcium which supports the movement of calcium from the bloodstream to the muscles
- Provides lipids for the formation of eicosanoids
- Promotes healthy skin and hair
- Contains iodine for thyroid support



Drenamin promotes healthy adrenal gland function

- Supports adrenal function and helps maintain emotional balance
- Encourages a healthy response to everyday environmental stresses and supports immune system function
- Maintains energy production



Organically Bound Minerals contains iodine from alfalfa and kelp.

- Encourages healthy enzyme functioning
- Provides alkaline ash minerals including potassium
- Helps maintain proper cellular energy production
- Supports parasympathetic nervous system health
- Promotes healthy connective tissue



Phosfood Liquid encourages a healthy blood calcium-phosphorus ratio.

- Supports the sympathetic nervous system
- Promotes healthy cellular metabolism
- Supports bone health



Protefood supports protein metabolism and immune system function as well as skeletal and muscular health.

- Contains tyrosine which is the precursor for the production of adrenal hormones
- Promotes healthy protein metabolism
- Contains the essential amino acid lysine, needed for proper collagen formation



Symplex F or M supports a balanced autonomic nervous system.

- Symplex F supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands and it provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Symplex M supports the healthy function of the testes and the adrenal, pituitary, and thyroid gland and it provides uniquely derived nucleoprotein-mineral extracts that support cellular health