



HRT Product Information

Some Facts about HRT

Agel™ Agel HRT was specially formulated to target heart health. By combining HRT's seven key ingredients we are able to improve heart function. This innovative product not only contains the best possible ingredients but when coupled with Suspension Gel Technology it helps provide everything that you need.

Through research we have found that there are several natural ways which we can support a healthy heart. The heart is a muscle that is always in need of constant nourishment and energy to keep it working at its full potential. There are natural sources from which the heart can replenish this energy. Scientists have found that by combining both oxidative stress relief and heart energy replacement through natural means we can have synergistic results in overall heart health.

What are the ingredients that make up this amazing product? There are seven active ingredients in HRT: Oyster Mushroom, Taurine, Carnitine, Coenzyme Q10, Policosanol, Selenium and Folic Acid. All seven of these ingredients have been found in clinical studies to improve heart health individually. These ingredients have become a great source of help for those looking to increase overall cardiovascular health and are widely accepted throughout the world as viable ways of improving heart performance.

Uses for HRT

The oyster mushroom has a high nutritional value for its high level of vitamins, proteins and non-saturated fatty acids. It is well known for helping to maintain existing healthy levels of cholesterol. The use of mushrooms has a very long tradition in Asian countries and its use has increased in the Western Hemisphere. In recent years the studies and interest around the properties of mushrooms have increased. The fiber in mushrooms is called chitin and helps clean the digestive track. The studies also suggest that chitin reduce helps maintain existing healthy levels of cholesterol.

Taurine is the most abundant free amino acid in cardiac muscle. Research indicates that taurine supplementation helps lower oxidative stress and that it is also capable of maintaining cholesterol levels already within the normal range.

Carnitine is derived from an amino acid and is found in nearly all cells of the body. Carnitine plays a critical role in energy production. It transports long-chain fatty acids into the mitochondria so

they can be burned to produce energy. It also transport the toxic compounds generated out of the cellular organelle to prevent their accumulation. Carnitine is concentrated in tissues like skeletal and cardiac muscle that utilize fatty acids as a dietary fuel.

Coenzyme Q10 is a vitamin-like substance by nature, present in most human cells. Coenzyme Q10 is responsible for the production of the body's own energy. The heart is one of the organs with the highest energy requirements due to this the heart requires need highest concentrations of CoQ10. Researchers believe that the beneficial effects of CoQ10 is due to its ability to improve energy production in cells, and act as an antioxidant.

Policosanol is a mixture of fatty alcohols derived from the waxes of such plants as sugar cane and yams, as well as beeswax. Numerous studies have reported that sugarcane policosanol can improve cholesterol levels.

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Is Taurine safe?

Human studies have shown taurine administration to be safe, even at higher doses.

Are there any interactions with prescriptions drugs?

There is no indication that the HRT ingredients will cause adverse interaction with prescription drugs. We encourage you to discuss this path to better heart health with your physician.

When is the best time to take HRT?

It is best to take it with the meals. We do not recommend that you take HRT prior to sleeping since this may cause an excess of energy in certain people and may cause difficulty in falling asleep. We suggest that you try it and see what times of day give you the maximum results.

What are the heart health benefits in summary:

- Taurine helps lower oxidative stress.
- Carnitine is concentrated in cardiac muscle that utilizes fatty acids as energy.
- CoQ10 is a key nutrient in energy generating process in every cell that especially important for heart function.
- Policosanol helps maintain existing healthy levels of cholesterol.

Supplement Facts

Serving Size: 1 Packet (21g)

	Amount Per Serving	% Daily Value**
Calories	30	
Total Carbohydrates	6 g	3%
Sugars	5 g	†
Folate (as folic acid)	400 mcg	100%
Selenium (as selenomethionine)	70 mcg	100%
Oyster Mushroom Powder	500 mg	†
Taurine	500 mg	†
L-Carnitine	500 mg	†
Coenzyme Q10	50 mg	†
Policosanol	10 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Water, Fructose, Citric Acid, Natural Flavoring, Xanthan Gum, Guar Gum, Sodium Benzoate.

US Warning: Pregnant or lactating women, persons with known medical conditions, taking Warfarin (Coumadin) or other medications should consult their physician prior to using this product. Not intended for children.

SG Warning: Pregnant or lactating women, persons with known medical conditions or taking medication should consult their physician prior to using this product. Not intended for children. Do not take while on Warfarin therapy without medical advice.

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