



## Keeping Your Heart Healthy

Cardiovascular disease is the leading cause of death in developed countries, killing over 12 million people per year. No longer just a Western-world problem as it was once thought to be, cardiovascular disease is rapidly spreading to developing nations, thereby increasing the need for methods to counter heart disease.

The nutrients contained in Aviara's Base System function on a cellular level to have a beneficial impact on the cardiovascular system.

# Heart Health