



Celtic Nutrition 'Body Balance - Healthy Heart'

Body Balance Healthy Heart Ingredients

The ingredients in our capsules provide you with optimal full body nutrition. The four capsules together contain a carefully selected group of amino acids, phytochemicals, vitamins and minerals that work together to balance your body.

Sourcing Ingredients

When we started researching the nutritional supplement market, we were shocked by the fact that most companies producing health supplements consist mainly of accountants and business people, and lack experts in nutrition or medicine.

The more we investigated, the more we noticed that many well-known brands and large companies use bulking agents, GMO ingredients and artificial additives that not only lower the quality of the supplements, but can also be toxic.

We began looking into creating our own high-quality food supplements so we could help as many people as possible regain their health naturally. However, this created another problem: **where to source natural and pure ingredients that can be absorbed by the body.**

This task set our Product Development Specialist on a 4-year research quest to find the purest natural ingredients. This led to the creation of the first Celtic Nutrition product "Body Balance - Healthy Heart".

You will find below a list of every ingredient in our special formulation and how each benefits the body:

VITAMINS

Vitamin B1 (Thiamine)

Essential for turning carbohydrates into energy. The excess of carbs in the modern diet means we often don't have enough of this vitamin to create the energy we need so we feel tired and lethargic. A significant deficiency can cause rapid heartbeat and recent research shows that a supplement can help people with congestive heart failure because it improves cardiac function.

Vitamin B6 (Pyridoxine)

Reduces levels of homocysteine (a chemical linked to inflammation and heart disease) and supports the production of haemoglobin (needed to transport oxygen in the blood). When homocysteine levels are very high, it promotes the build-up of plaques that block delicate blood vessels. Deficiency of this vitamin results in a low mood, muscle pain, lethargy and anaemia, plus an increased risk of heart disease. This heart healthy vitamin is used to treat some types of anaemia and can protect the heart against heart attacks.

Vitamin B7 (Biotin) – Needed for energy production (ATP) and plays a key role in normal skin and hair growth, supports the generation of energy from glucose, lactase, glycerol, pyruvate and fatty acids. Reduces cardiovascular risk.

Vitamin C – Protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease and even skin wrinkling. Powerful antioxidant that inhibits oxidation of LDL, thereby reducing atherosclerosis while improving lipid profiles, reducing arterial stiffness and enhancing endothelial function.

Vitamin D – The sunshine vitamin effects the number of monoamines (such as serotonin) in the brain, giving a mental health benefit. This valuable vitamin is associated with lower rates of heart disease, can significantly reduce or even reverse hypertension, and reduces arterial stiffness.

Vitamin D3 (Cholecalciferol) – Stimulates the synthesis of osteocalcin, an important structure in bone, and supports a healthy immune response. Enhances cardiac contractility and cardiac hormones. Specifically aids restoration of cardiac function after heart attacks.

Vitamin K 2 – Critical for the formation of strong, healthy bones and plays an important role in calcium metabolism. Can prevent calcification of arteries, protects the liver and prostate. Ensures calcium supplement is correctly deposited and reduces arterial stiffening. Vitamin K2 is the most biologically active form of vitamin K.

MINERALS

Silica (orthosilicic acid) – Active silica is essential in the formation of arteries, cardiovascular system, heart and bones, and the strength and elasticity of veins and arteries. Silica has a critical role in the formation of collagen and keratin in the repair of hair, skin and nails. Orthosilicic acid also helps the body excrete toxic aluminium.

Selenium – Supports the function of the thyroid, immune system and cardiovascular health. Helps prevent “Keshan disease”, which is a congestive cardiomyopathy caused by a combination of dietary deficiency of selenium. It has a wide range of roles critical to cardiovascular health, as well as being a potent antioxidant.

Chromium Picolinate– Helps maintain normal blood sugar levels. Chromium deficiency impairs the body’s ability to use glucose to meet its energy needs and raises insulin requirements. Low levels of chromium are linked to higher risk of heart disease, specifically in diabetic patients.

Calcium carbonate and calcium phosphate – Helps promote strong bones, supports the prevention of osteoporosis, lowers blood pressure and heart rhythm problems. Needed in nerve impulses and muscle contractions, also hormonal production and regulation.

Magnesium Oxide – lowers the risk of blood pressure and heart rhythm problems. May prevent and help reverse osteoporosis. Helps against diabetes and may help against depression and muscle cramps.

Celtic Sea Salt – Contains 60 trace minerals that help you stay hydrated. Sufficient sodium levels help balance your sodium-potassium ratios. Contains powerful electrolytes like magnesium. Trace elements required for proper adrenal, immune and thyroid function. Digestive enzyme enhancers, which help your body absorb more nutrients from the foods that you eat

AMINO ACIDS

L-Arginine – An essential amino acid with multiple vascular benefits. Helps the body remove waste, enhances blood flow, promotes vasodilation (enhancing athletic performance and immune activity) and promotes capillary growth in muscles.

L-Citrulline – Helps the body remove aluminium and increases energy production (ATP), works synergistically with L-Arginine to enhance the vasodilator effect. Enhances athletic performance and reduces muscle fatigue. Vasodilatory effect also enhances erectile function in men.

Phytochemicals

Astaxanthin is a powerful antioxidant which has a remarkable role in protecting the heart and reducing the major cardiovascular risk factors (cholesterol, blood lipids, atherosclerosis). It prevents oxidative damage to heart tissue, improves blood flow and reduces inflammation. It supports the skin by protecting collagen reducing wrinkles and making skin look younger.

Cayenne (Capsicum Frutescens) helps the body get rid of bad cholesterol and triglycerides, reduces mucus and stimulates the digestive tract and enzymes, reduces blood clotting and risk of heart attacks and strokes. It also has antibacterial properties, supports normal weight levels and is a great metabolic booster.

Horsetail (Equisetum) is an ancient remedy that has now been scientifically proven to reduce inflammation. It also has antioxidant free radical scavenging potential and can slow or prevent the growth of tumours and other cancerous cells.

Pomegranite (*Punica granatum*) can help prevent various cardiovascular risk factors including high blood pressure, elevated cholesterol, oxidative stress, inflammation and high blood sugar. The plant polyphenols have antioxidant, anti-inflammatory, and anti-cancer effects.

Lycopene is a carotenoid with a strong antioxidant potential. Typically found in high doses in tomatoes, it is one of the reasons why the Mediterranean diet is so healthy. It also reduces the synthesis of cholesterol and helps break down LDL. Lycopene reduces the risk of heart attacks and the thickness of artery walls making them more flexible.

Healthy Fat

Phytosterols are plant-based fats similar in structure to cholesterol. They reduce cholesterol absorption by displacing cholesterol in the intestine. Reducing cholesterol has a cardio protective effect.

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