

# Love Your Heart

love box

HBNaturals  
PRODUCT INFORMATION PAGE



## Magnesium beCalm

Sublingual drops for fast absorption. Necessary for maintaining a steady heartbeat and normal blood pressure. Study in the journal *Circulation* suggests that daily magnesium supplements can even help an ailing heart.\*

## Potassium beAlkaline

Sublingual drops for fast absorption. Plays a role in every heartbeat. Helps trigger your heart to squeeze blood through your body. Helps your muscles to move, your nerves to work, and your kidneys to filter blood.\*

## Sesso Dolce Intimacy Cream

According to a 2010 *American Journal of Cardiology* study, men & women who experience intimacy at least twice a week were less likely to develop heart disease compared to those who only experienced intimacy once per month.\*

## Body Superfood juice

Just one serving provides powerful nourishment for your cardiovascular system and promotes the reduction of chronic arterial inflammation. Our proprietary high-nitrate beetroot (10,000 ppm) juice combines with fruits and herbs that are rich in antioxidants for maximum nitric oxide delivery. Nitric oxide helps the lining of the blood vessels relax, which may assist in lowering blood pressure.\*

## Black Seed or CBD

Rich in Omegas 3, 6 & 9. Shown to possess heart-protective qualities, which help in curbing damage associated with heart attacks, and boosting overall health of the heart and circulatory system. Research suggests that both the stress- and anxiety-reducing properties are responsible for their ability to help lower blood pressure.\*

## 1 in 3 Americans suffer from cardiovascular disease... do you?

According to the U.S. Centers For Disease Control (CDC), heart disease is the leading cause of death for both men and women in the United States. It is also one of the most preventable. Love your heart with HBN products and heart-smart tips!

Small changes in your habits can make a real difference to your heart health. "It's like finding the fountain of youth," says Donald Lloyd-Jones, MD, of Northwestern University's Feinberg School of Medicine. "People who follow these steps not only live longer, but they also spend a lot more time healthy, without cardiovascular disease."

## heart healthy tips

- Be smoke-free
- Get physically active
- Manage your blood pressure
- Eat more fruits & vegetables
- Get enough sleep every night
- Do more of what you love
- Moderate sodium intake
- Practice gratitude
- Get regular checkups
- Maintain a healthy weight
- Watch your cholesterol

## disclaimer

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.