



# CARING FOR YOUR **HEART**

Living Well TV



# 25 Lifestyle changes to **improve** your **HEART HEALTH**

- Heart **healthy diet**
- Incorporating **exercise** into your routine
- **Mental health** and **heart health**









Avoid  
TOBACCO





# HEART HEALTHY DIET



Manage **excess**  
body fat



Include **fiber**  
into your diet



Make **time for**  
**breakfast**

# HEART HEALTHY DIET



Eat **fish**



Eat **nuts**



Limit your **salt**  
**intake**



# HEART HEALTHY DIET



Reduce your  
saturated **fat**  
intake



Drink **tea**



Eat **dark**  
**chocolate**



# INCORPORATE EXERCISE

Into **your routine**





# SOME EXAMPLES!

- Move **your body** throughout the day
- Practice **yoga**
- Try **strength** training
- Try **interval** training
- Try **dancing**
- Engage in **sexual** activity
- Go for **a walk**
- Take the **stairs**
- Use **housework** as exercise
- **Be a kid**





  
ARDYSSLIFE®

# MENTAL AND HEART HEALTH



# MENTAL AND **HEART** HEALTH



Consider pet  
therapy



Engage in  
**hobbies**



**Laugh** out  
loud



**Manage**  
stress



In conclusion

IMPROVE YOUR DIET , ENGAGE  
IN PHYSICAL ACTIVITY AND TAKE  
CARE OF YOUR MENTAL HEALTH



# LE'VIVE RED™

Features an exclusive, powerful blend of the world's five greatest "super-fruits" that can be a significant factor in disease prevention due to their high nutrient content and associated benefits.

Packed with vitamins, minerals, fiber, and plant compounds called phytonutrients, it is rich in health-boosting compounds with antioxidant and anti-inflammatory benefits for overall wellness.



## Supplement Facts

Serving Size 1 fl oz (28.41 ml)  
Servings per Container 26

### Amount per Serving

Calories 16 Kcal

% Daily Value\*

<b>Total Carbohydrates</b>	4 g	<b>2 %</b>
Dietary Fiber	1 g	<b>0 %</b>
Sugars	2 g	<b>†</b>
<b>Vitamin C</b> (as ascorbic acid)	300 mg	<b>500 %</b>
<b>Sodium</b>	15 mg	<b>&lt;1 %</b>

Proprietary Superfruit Antioxidant Blend 16,000 mg †  
Organic Mangosteen (*Garcinia mangostana* L.), Organic  
Açaí (*Euterpe oleracea*), Goji (*Lycium barbarum*), Noni  
(*Morinda citrifolia*), and Pomegranate (*Punica granatum* L.)

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

†Daily Value not established.

**Other Ingredients:** Filtered water, Pectin (Citrus), Natural Goji  
Flavor and Potassium Sorbate as an oxidation inhibitor.



## BENEFITS

- Greater Metabolism & Energy
- Reduces Oxidative Stress
- Fights "Inflammaging"

## HOW TO TAKE

- Take 2 fl. oz. 1-3 times daily preferably before or after meals.
- Refrigerate once opened.





# CORAL CALCIUM

Coral Calcium supports your health by providing a complete source of calcium, magnesium, and Vitamin D, along with chondroitin and glucosamine. It also assists in the correct absorption and regulation of potassium.

## Supplement Facts

Servings per container 26

Amount per Serving

Calories 10

		% Daily Value
<b>Total Carbohydrates</b>	2.5 g	<1%*
Sugars	2.3 g	
<b>Vitamin A</b> (as beta-carotene)	3,000 IU	60%
<b>Vitamin C</b> (as ascorbic acid)	80 mg	133%
<b>Vitamin D</b> (cholecalciferol)	400 IU	100%
<b>Vitamin E</b> (as d-α tocopheryl succinate)	60 IU	200%
<b>Coral Calcium</b>	1,475 mg	
providing (elemental calcium 530 mg)		53%
<b>Phosphorus</b> (orthophosphoric acid)	30 mg	3%
<b>Magnesium</b>	300 mg	75%
(from 1,475 mg coral calcium & magnesium oxide)		
<b>Zinc</b> (as zinc oxide)	15 mg	100%
<b>Selenium</b> (amino acid chelate)	75 mcg	107%
<b>Copper</b> (as copper oxide)	3 mg	150%
<b>Manganese</b> (amino acid chelate)	2 mg	100%
<b>Chromium</b> (amino acid chelate)	100 mcg	83%
<b>Potassium</b>	45 mg	1%
<b>Boron</b>	3 mg	
<b>Ionic Trace Minerals</b>	100 mg	
<b>Chondroitin</b>	27 mg	
<b>Glucosamine</b>	20 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Daily Value not established.

**Other Ingredients:** Spring Water, Natural Orange and Mango Flavors, Isomaltulose and Potassium Sorbate (as an oxidation inhibitor).



## BENEFITS

- Helps nourish the body and skeletal system.
- It is a source of magnesium and vitamin D.
- Helps maintain healthy teeth.

## HOW TO TAKE

- Take 2 tablespoons a day or one cupful, preferably at night.
- Refrigerate once opened.



# POWER BOOST

Power Boost is a delicious citrus-flavored drink containing Arginine, which can promote vitality, muscle strength, energy boost, antioxidant provision, and reduction of oxidative damage – a significant factor in the aging process.



## SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (13g)

Servings Per Container: 30

	Amount per serving	% Daily Value*
Calories	35	
Total Carbohydrate	5 g	2%
Vitamin A (as Beta Carotene)	750 IU	15%
Vitamin C (as Ascorbic Acid)	444 mg	740%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	120 IU	400%
Pantothenic Acid (as d-Calcium Pantothenate)	494 mg	4940%
Zinc (as Zinc Methionine)	3 mg	20%
Copper (as Copper Gluconate)	0.4 mg	20%
Chromium (as Chromium Polynicotinate)	24 mcg	29%
Arginine	3000 mg	†
Choline (as Choline Citrate)	300 mg	†
Taurine	260 mg	†
Glycine	100 mg	†
Boron (as Boron Citrate)	2 mg	†

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

†Daily Value not established.



## BENEFITS

- May aid in growth and muscle development
- May reduce oxidative stress
- Provides antioxidants

## HOW TO TAKE

- Mix 1 tablespoon (13g) of powder with 8 ounces of chill water and shake well.



# OMEGA 369

Is an ideal formula of Omega-3, Omega-6, and Omega-9 essential fatty acids (EFAs), also known as the "good fats," which contributes to the processing of the cell membrane, which helps keep the cardiovascular system in balance. Also helps support brain and heart health and maintain overall well-being.



## SUPPLEMENT FACTS

Serving Size	1 Softgel	
Servings per Container	60	
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Calories from Fat	9 Kcal	
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Amount per Serving		% Daily Value
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Vitamin E		
(dl-alpha-tocopheryl acetate)	5 IU	17%
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Proprietary Blend	1,200 mg	†
(Marine Lipid Concentrate, Evening primrose oil; Flaxseed Oil)		

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.



## BENEFITS

- May help improve the functioning of the cardiovascular system.
- Improves the functioning of our nervous system.
- Supports mental alertness.

## HOW TO TAKE

- Take 1 to 4 capsules a day, preferably after a meal.



# TAKE ACTION TODAY!

