



HDL+

No-flush niacin and inositol nicotinate complex

Some of the health benefits of Res-Q HDL+ include improved circulation, better cardiovascular health and the promotion of HDL, the good cholesterol that picks up excess cholesterol in the bloodstream and carries it away. Res-Q HDL+ is formulated with niacin and inositol nicotinate, both members of the B-vitamin family. Together they provide safe, effective results without the typical side effects associated with other types of niacin.

The benefits of niacin

Niacin has been shown to increase HDL by 30% or more. **Res-Q HDL+** provides niacin in a special form commonly referred to as no-flush niacin. Niacin benefits the cardiovascular system by reducing the secretion of lipoproteins. The advantage of this is a lower amount of blood fats in the bloodstream.

Another health benefit of niacin is its amazing ability to improve circulation. Niacin benefits heart health by promoting the flow of blood to the heart. It discourages clotting of the blood that can be fatal when occurring inside a blocked artery. Niacin has also been shown to encourage the production of a larger cholesterol size. Smaller cholesterol particles have been shown to be more harmful to healthy arteries than large ones because they can get between the endothelial cells that line the walls of the arteries. In addition, smaller particles may also be more easily oxidized, a process that has been found to play a role in building cholesterol plaque; the bigger LDL particles are thought to pose less risk for heart disease.

Niacin benefits circulation by promoting the normal bodily function of relaxation and expansion of blood vessels, which can create more room for better blood flow to the heart. This is yet another way that niacin benefits the cardiovascular system, as increasing blood flow benefits all of the body's organs.

