



Multi

The most powerful multivitamin formula with a focus on lowering homocysteine

The Res-Q difference: designed with your heart in mind

When it comes to doing something really important for your body, there is no better place to start than with your heart. **Res-Q Multi** is one of the most powerful multivitamin formulas on the market. While it contains all of the essential vitamins, minerals and antioxidants to increase your energy and improve your overall health, it also contains the heart-healthy ingredients to combat the dangerous effects of elevated homocysteine levels.

Homocysteine: more dangerous than cholesterol

Many researchers believe that by keeping homocysteine levels in a normal range, you may prevent cholesterol from clogging the arteries.

Heart disease is the No. 1 killer in the U.S., killing more people than cancer and infectious diseases combined. According to the **American Heart Association (AHA)**, “**Homocysteine is an amino acid in the blood. Too much of it is related to a higher risk of coronary heart disease, stroke and peripheral vascular disease.**” Elevated levels of homocysteine, a byproduct created in the digestion of protein, has been linked to many people with cardiovascular disease. In one reported study, researchers found a direct measurable relationship between blood homocysteine levels and the severity of atherosclerosis: for every 10% elevation of homocysteine, there was nearly the same rise in the risk of developing severe coronary artery disease. Elevated homocysteine levels can contribute to heart disease in at least three ways: (1) a direct toxic effect that damages the cells lining the inside of the coronary arteries; (2) creating the site where cholesterol begins to deposit; and (3) contributing to arterial blood clotting (thrombosis). In addition to heart attacks, elevated homocysteine levels are also the culprit in 40% of all stroke victims, according to a study in the *European Journal of Clinical Investigation*. In fact, elevated homocysteine levels may be even more dangerous than high cholesterol levels as a risk factor in heart disease.



A Res-Q Multi a day keeps the doctor away:

The results are in. A study published in the *American Journal of Clinical Nutrition* found that people who take a daily multivitamin had younger telomeres, stretches of DNA that protect the ends of our chromosomes so that cells can divide. The study uncovered that vitamin B12 supplements increase telomere length and vitamins C and E prevent telomere shortening, increasing the life span of cells. Maintaining proper telomere length and cell health is an important factor in the prevention of disease and the aging process. [Am J Clin Nutr (March 11, 2009). doi:10.3945/ajcn.2008.26986.]



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