

# GOOD SCIENCE. GOOD SENSE.

Add Wellness and Wonder to Your Day

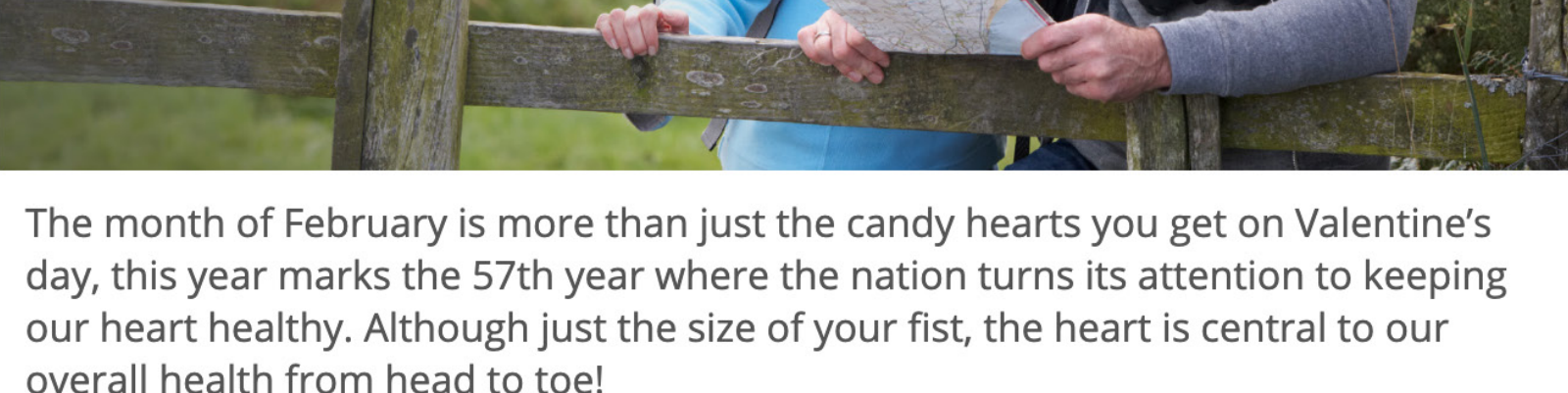
Hi there! You've got a new health ally.

We'll be popping into your inbox once a month with timely information to help you nurture your wellness and your sense of wonder. We call it GOOD SCIENCE.

GOOD SENSE. It's a monthly shoutout to our community of health-minded, action-oriented people who love learning and improving. We hope you love it as much as we love having you in our Mannatech family.

## Stay Young at Heart

A healthy diet and exercise are the keys to a healthy heart.



The month of February is more than just the candy hearts you get on Valentine's day, this year marks the 57th year where the nation turns its attention to keeping our heart healthy. Although just the size of your fist, the heart is central to our overall health from head to toe!

Each day your heart beats, on average, 100,000 times. Just like your biceps, your heart is a muscle. The more you use it the stronger it becomes. Over time, your heart works more efficiently and can push out a greater volume of blood with every beat.

Your heart is the hub of your circulatory system, a vast network of blood vessels, arteries and veins over 60,000 miles long, that carry blood to and from all areas of your body. A healthy heart supplies your organs with the right amount of blood at the rate needed to work efficiently.

**Many people do not consume proper amounts of nutrients that are beneficial to heart health, including folic acid, vitamin B6, vitamin B12 and magnesium.**

## A Healthy Heart Means Increased Blood Flow

What affect does heart function have on other organs? The key to healthy organs starts with proper blood flow. Here are six ways the heart supports our organs.

**Kidneys** - Provides blood support for them to function and properly filter waste from our blood.

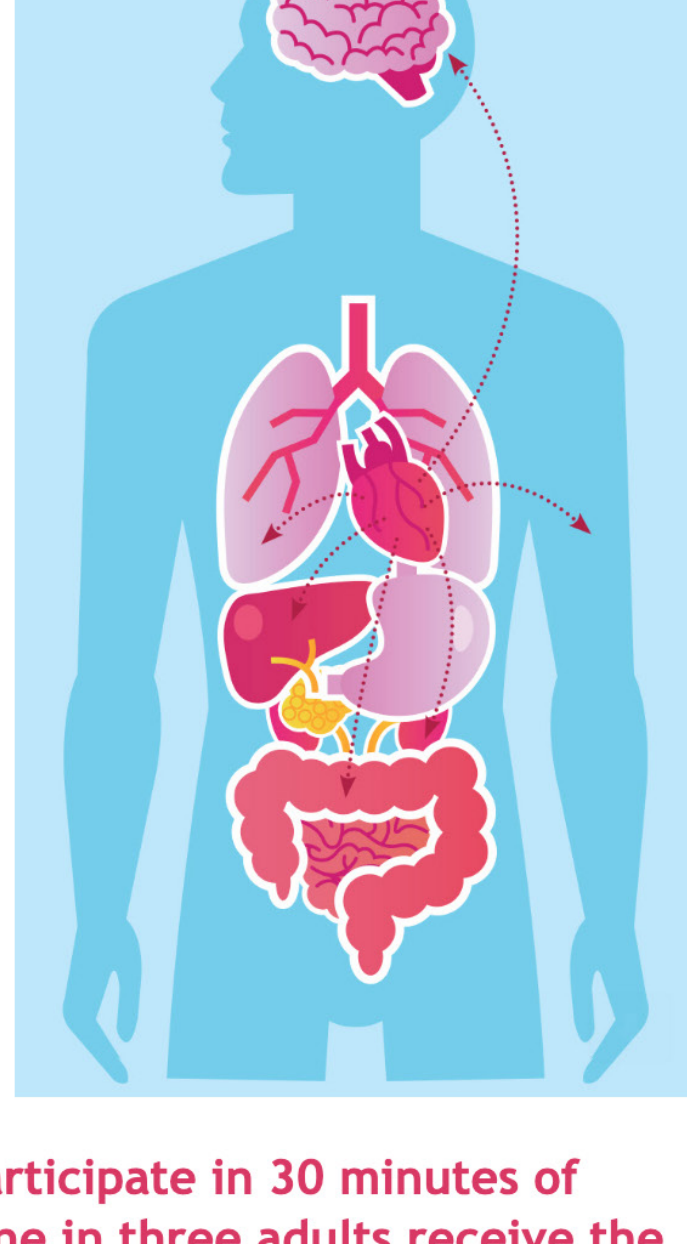
**Liver** - Provides blood supply to make a protein called erythropoietin (EPO) to supply body with red blood cells.

**Lungs** - Supplies a steady flow of blood pressure so that liquid does not back up into the air sacs of our lungs.

**Muscle Mass** - A healthy heart helps in building muscle mass and increases your metabolism.

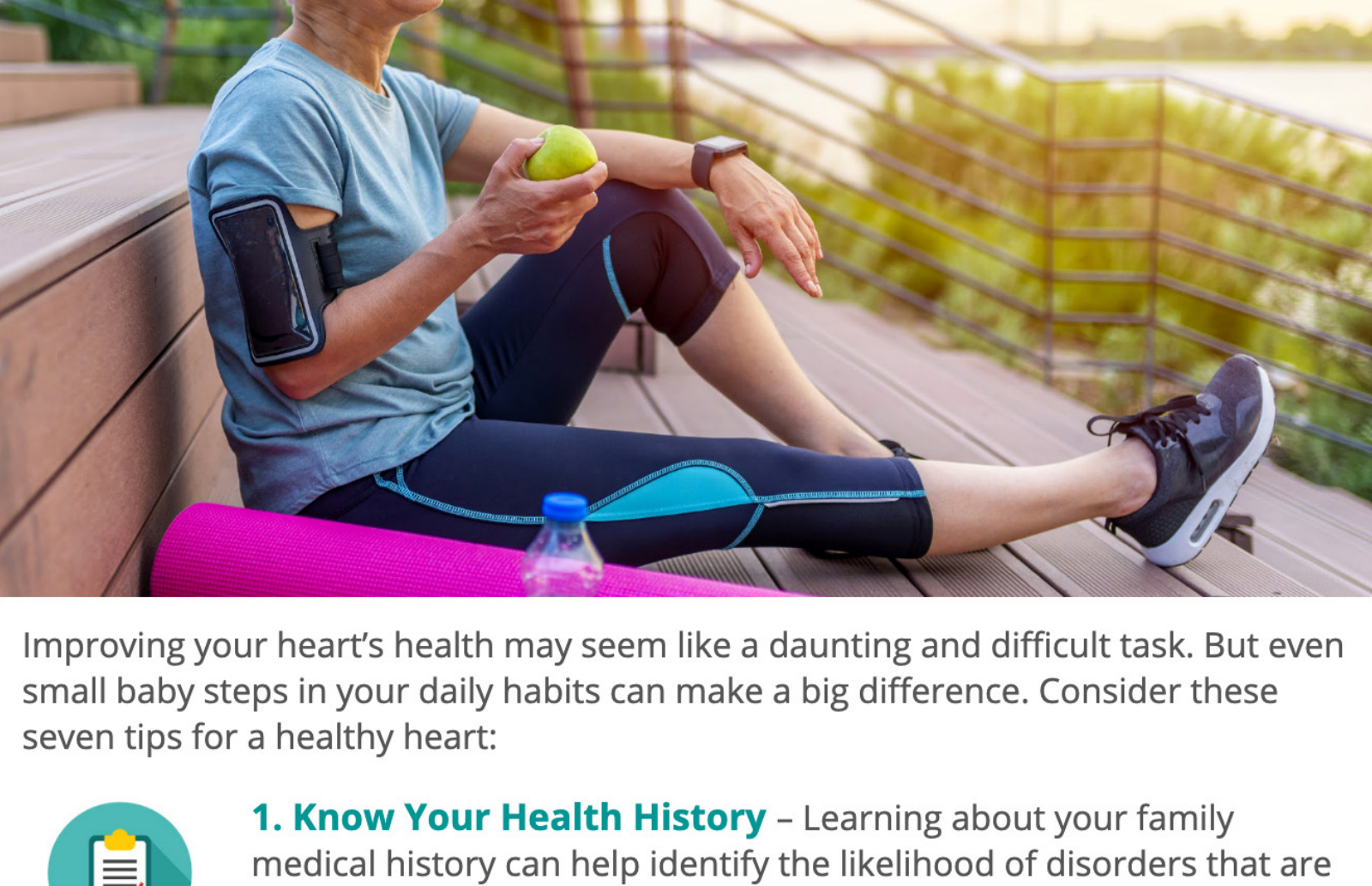
**Brain** - Pumps oxygen-rich blood to the brain, so that it can be fed and provide energy to support proper function.

**Digestion** - Supports optimal digestive health by providing an increased flow of oxygenated blood necessary for the digestive process.

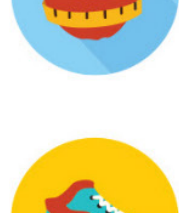


**Less than 5% of adults participate in 30 minutes of physical activity each day, only one in three adults receive the recommended amount of physical activity each week.<sup>[5]</sup>**

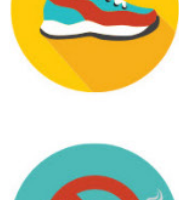
## 7 Tips for a Healthy Heart



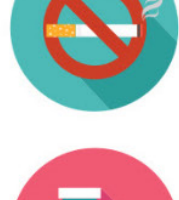
Improving your heart's health may seem like a daunting and difficult task. But even small baby steps in your daily habits can make a big difference. Consider these seven tips for a healthy heart:



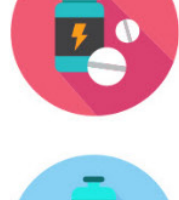
**1. Know Your Health History** – Learning about your family medical history can help identify the likelihood of disorders that are influenced by a combination of genetics and lifestyle choices. I'm a new Text block ready for your content.



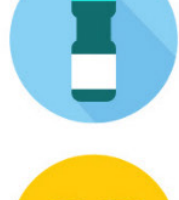
**2. Eat a Healthy Diet** – A healthy diet should include a wide variety of nutrient-rich foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy. Reduce sodium and sugar where possible.



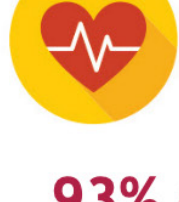
**3. Get Up and Move** – The heart wants to be worked, so be sure and get at least 150 minutes of moderate-intensity aerobic activity every week. Weight training is also a plus.



**4. Stop Smoking** – It's no secret smoking is a major risk factor to one's heart. Start a plan to stop and ask family and friends for support.



**5. Follow Doctor's Advice on Medications** – Follow your doctor's instructions carefully when it comes to medications and ask questions. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



**6. Drink Smarter** – Ditch the sugary soda for water. Drink alcohol in moderation.

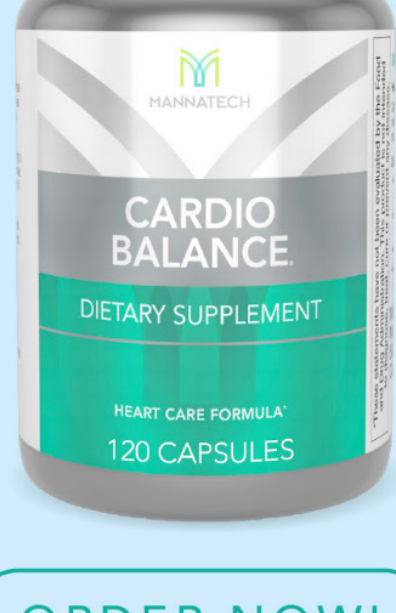


**7. Know Your LDL Cholesterol Levels** – Know your levels and talk to your doctor about what they mean for you.

**93% of adults using a cholesterol-lowering medication use a statin. 23.2% of adults 40 and over take a statin.<sup>[1]</sup>**

## Take CardioBALANCE to Support Long-Term Heart Health\*

The American diet lacks many of the nutrients beneficial for cardiovascular health including vitamin B6, vitamin B12, magnesium, and folic acid. Some who restrict their intake of dietary fats may also restrict their intake of vitamin E from their diet. CardioBALANCE® capsules help maintain blood vessel and cardiovascular health with the proper amount of B6 and B12 vitamins for long-term wellness.\*



### Why You Need CardioBALANCE

- Provides nourishment for cardiovascular health.\*
- Helps maintain homocysteine levels that are already within the normal range.\*
- Antioxidant support formula (from vitamins C and E).\*
- Helps maintain healthy blood vessels.\*
- Formulated with CoQ10, which is often depleted by cholesterol-lowering drugs.\*
- Supplies 100% or more of the Daily Value of: vitamin C, vitamin E, vitamin B6, vitamin B12 and folic acid.

**ORDER NOW!**

### Who is CardioBALANCE for?

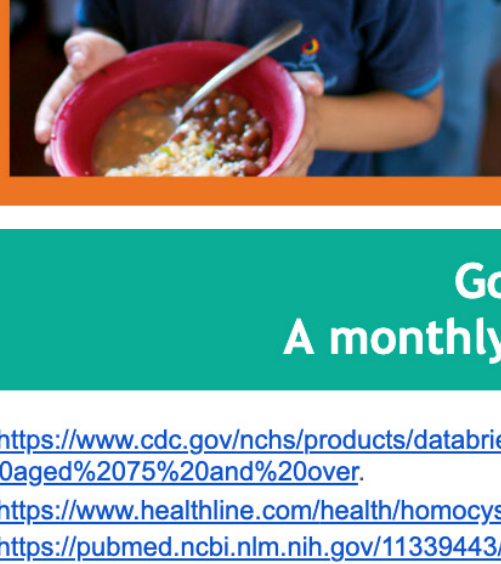
- Anyone looking for a daily supplement targeted to support a healthy cardiovascular system.
- Those who restrict their intake of dietary fats may also restrict their intake of vitamin E from their diet.
- People taking cholesterol-lowering drugs known as statins who may have lower blood levels of CoQ10.

### What makes CardioBALANCE unique?

Most cardiovascular supplements are an individual ingredient or a combination of supplements addressing a specific cardiovascular concern. CardioBALANCE capsules were developed combining key nutrients that provide nourishment for the total cardiovascular system.\* They provide an excellent source of vitamins B6, B12, C, E and folic acid.

### What is homocysteine, and why is it important?

Homocysteine is an amino acid in the blood that is thought to be a marker of cardiovascular health. Maintaining a normal range of homocysteine may help maintain an already healthy heart. Mannatech's CardioBALANCE dietary supplement helps maintain homocysteine levels that are already in the normal range\*.<sup>[4]</sup>



A healthy blend of vitamins and minerals is important for children everywhere. However, many of the foods being given to those in underdeveloped countries are not meeting the minimum nutritional criteria. Your participation in the M5M program makes it possible for us and our partners to provide nutrients to and enrich the lives of children all over the world.



**Join Mannatech's mission to help malnourished children around the world.**

**Good Science. Good Sense.**  
A monthly wellness booster in your inbox.

<sup>1</sup> <https://www.cdc.gov/nchs/products/databriefs/db177.htm#:~:text=The%20use%20of%20statins%20increased,adults%20aged%2075%20and%20over.>

<sup>2</sup> <https://www.healthline.com/health/homocysteine-levels#complications>

<sup>3</sup> <https://pubmed.ncbi.nlm.nih.gov/11339443/>

<sup>5</sup> <https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html#:~:text=Less%20than%205%25%20of%20adults,of%20physical%20activity%20each%20week.&text=Only%2035%20%E2%80%93%2044%25%20of%20adults,65%20D74%20are%20physically%20active.>

<https://www.webmd.com/heart-disease/heart-failure/ga/how-does-heart-failure-affect-your-kidneys>

<https://www.nhlbi.nih.gov/health-topics/how-heart-works>

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.