



1-800-798-HERB

## Herbal Blood Builder/Complete Iron Chef

### ***The Challenge***

Dangerously, about one-third of Americans have high blood pressure. This puts them at risk for heart disease and stroke, which are leading causes of death in the U.S. Unhealthy behaviors can increase your risk for high blood pressure such as eating foods high in refined sodium and low in potassium; not getting enough exercise; being obese; drinking too much alcohol; and smoking. It is very important, therefore, to have blood pressure monitored regularly. Plus, due to soil depletion, crops in the U.S. lack adequate amounts of vitamins and minerals including iron. Iron deficiency has become more common and may cause severe fatigue, body weakness, shortness of breath and other health ailments such as restless leg syndrome and cognitive dysfunction.

### ***The Solution***

This product is a 100% vegetarian food supplement intended to support optimal blood health. It is comprised of organic beet root that is naturally high in iron which helps lower blood pressure, and of mixed citrus that is high in vitamin C to enhance absorption of iron. One of the most important health benefits of iron is the production of hemoglobin that carries oxygen to all systems and organs in the body. B vitamins are also present to support hemoglobin needed for cell respiration.

### ***Other Benefits Include***

- ✓ Rich in potassium—a mineral electrolyte that helps feed blood, nerves and muscles for proper functioning
- ✓ Rich in bioflavonoids to enhance iron absorption
- ✓ Non-constipating like typical mineral formulas
- ✓ May slow the progression of dementia
- ✓ High in immune-boosting vitamin C
- ✓ Renders iron in food form
- ✓ May reduce cholesterol
- ✓ Naturally defeats fatigue
- ✓ Good source of folate

