Artery Clear Nutrients Include:

Choline 90 mg

   Choline is an emulsifer that helps release plaque fats from sticking.
It works with lecithin to help fats flow and be eliminated through the
liver and gallbladder. It is also the prime ingredient of
phosphatidylcholine, the active ingredient in lecithin that works wonders
(below).

EDTA 450 mg

   EDTA has a 50-year history of extensive government and clinical use in
removing heavy elements including calcium in arterial plaque! It becomes
even more effective after the plaque has been loosened up by the other
nutrients we include. It called a "chelator" because it "binds to" heavy
metals and calcium, taking them to the liver to be eliminated. (The
calcium, in the form it comes with, is actually released separately for
the body to use for good purposes.)

Garlic Extract 300 mg

   The UCLA Medical Center confirmed the power of garlic extracts to help
prevent heart disease. Patients showed only about one-third as much
vascular calcification (plaque) – as well as reduced cholesterol (also
why it is included in our Cholesterol Balance).

   Scientists presented research at the American Heart Association
meeting in Washington, DC that showed that garlic not only reduces
calcification of the arteries but also reduces plaque formation by up to
40% - and can even dissolve existing plaque by 25%. It also helps make
cholesterol and blood less "sticky" so helping the release of plaque from
the arterial walls. These are incredible number in addition to all the
other good things garlic does (and why we include it in our Ultimate
Foundation multi-vitimins).

Grapefruit Pectin 1,200 mg

   Fiber has been well known for years to be able to help reduce
cholesterol absorption and production. It helps the liver to release
bile into the gall bladder and then into the small intestines. The liver
can then removes more cholesterol from the blood through its LDL
receptors. When this is combined with a fiber like grapefruit, the bile
(with cholesterol) is unable to be re-absorbed and is removed with the
stool.

Then, Dr. James J. Cerda, of the University of Florida Medical College, made an incredible discovery about grapefruit pectin and guar gum! Not surprisingly, experimental control groups had reduced cholesterol levels of about 10%. This was to be expected as fiber helps to keep cholesterol levels from increasing. However, when arteries were examined, they were amazed to find that they showed an average narrowing of the coronary artery of 45%! The University tests showed it to be a very effective plaque reducer! It is not surprising that we would want to include it in our plaque reducing formula!

Guar Gum 850 mg

   Guar gum is included in the clinical studies above and supports grapefruit pectin as an effective plaque remover – especially 'soft' plaque! Other studies have shown it also increases intercellular adhesion (repair) of damaged arteries. It increases the antioxidant proteins thereby decreasing oxidative stress induced arterial injury. (In other words, it also helps protect the arteries while plaque is being removed.)

Lecithin Complex 1,000 mg

This is a key nutrient because of its particular relationship to cholesterol. Lecithin is a lipid fat that can emulsify to water! This is very important because it helps arterial cholesterol fats dissolve in water so they can be removed from the body. Cholesterol has a much higher melting point than your body temperature. Basically, this means that there is a wad of waxy cholesterol stuck to your arteries that will be hard to remove unless it is liquefied. Canadian research, confirmed by Boston University, found that cholesterol becomes soluble in your body only when enough lecithin is present! Lecithin increases the liquidity of cholesterol for easier removal. That is also why the (lecithin) fat portion of the good HDLs has almost twice as much lecithin as LDLs.

L-Lysine 200 mg

   Lysine helps release the #1 nasty component of arterial plaque, the Lp(a) form of cholesterol. This is the stickiest form of cholesterol. L-lysine is a lipotrophic, which means that it has a high affinity for fats – lipid fats. Lysine prevent and loosen Lp(a) from sticking to the arterial lining by attaching to the lysine binding sites exposed by the damaged arteries. Lysine, combined with L-Proline, goes even further by binding directly to the Lp(a) molecules, helping remove them and preventing them from depositing more plaque.

L-Proline 150 mg

We'll also see Proline in Artery Restore because it is a precursor to hydroxyproline, which is essential in collagen production – especially tissue repair. However, it is included here because of its action with Lysine in binding to LP(a) cholesterol in plaque, helping remove them.

Pantethine 110 mg

   Pantethine is the biologically active form of pantothenic acid (vitamin B5). It causes the liver to pull LDL out of the bloodstream. The result is that pantethine can considerably lower total cholesterol, LDL cholesterol and, especially, triglycerides.

   However, we include it in Artery Clear because it is one of the few nutrients that can also raise good HDL cholesterol! The HDL level is very important to clearing arteries because HDLs help the attachment to plaque and carries plaque and cholesterol out of the bloodstream. Pantethine has been an approved pharmaceutical for 30 years in Japan for the purpose of increasing HDL - however it is expensive so most formulas don't include it.

Vitamin C 900 mg

   Studies by Dr. Duguid showed increased levels of vitamin C causes atherosclerotic plaque deposits to dissolve. Dr. Willis, at Queen Mary Veterans' and St. Anne's Hospital confirmed these results. Plaque deposits in the patients who were getting large amounts of vitamin C actually decreased in 30% of the cases. (This was the first time in history that any treatment had demonstrated a reversal in the growth of artery plaque!)

 Later studies indicated that vitamin C does this by being involved in the chelation of the calcium ions in the plaque deposits. Thus, it compliments lecithin - which is helping dissolve the cholesterol aspect of plaque.