

## CONCLUSION OF THE STUDY:

CARDIO FIT preparation may be recommended and included in the treatment of lipid metabolism disorders, and has a pronounced positive effect on total cholesterol and triglyceride levels. Also, it has a significant effect on the fats' depots in the human organism; a significant reduction in waist circumference indicates an effect on the reduction of visceral fats' depots in the human organism. The decrease in BMI and blood pressure indicates a justified CARDIO FIT inclusion for the treatment of the metabolic syndrome and obesity.

CARDIO FIT preparation did not have any reported harmful metabolic effects apart from (0,8%) insignificant gastrointestinal difficulties in 4 patients for which we are unsure whether they may have been other coincidental gastrointestinal and alimentary disorders.

Disorder of the lipids in the blood (dyslipidaemia) remains a very influential risk factor in the cause of strokes and heart attacks.

Side effects, the cost and duration of statin therapy is of key significance while deciding whether the patient should try alternative types of treatment. Most people believe that it is possible to control the levels of fats with medication and that this is the most important element while treating the disorder of the levels of fats in the blood. Medication therapy is very important for people with cardiovascular illnesses, however we then rely on their other effects apart from the ones they have on the levels of fats in the blood.

However, it is far better, in case your clinical situation allows it, to control cholesterol values naturally. Even when we decide to introduce medication, the natural control of fats in the blood is always a part of a long-term strategy. The significance of natural control of fats in the blood is especially emphasized in the recommendations made by worldwide medicinal associations which deal with this problem. Among the most important ones are ATP (Adult Treatment Panel) III recommendations. The first recommendation is that cholesterol values should be attempted to be lowered naturally. These recommendations were one of the main reasons for our decision to develop a supplement such as Cardiofit.

Cardiofit is an excellent choice for a nutritional supplement since the combination of a balanced nutrition and Cardiofit has shown powerful effects in the normalization of fats in the blood and in lowering high blood pressure values.

The production of Cardiofit uses the newest technology of cold processing, which preserves all the protective elements of wild apples and medicinal herbs. A great number of studies show that thermal processing destroys majority of protective substances in fruits and herbs. Thus, cold processing, which is used in Cardiofit production, is the only high quality way of producing nutritional supplements.

Therefore, we proudly add Cardiofit to the top of the pyramid of high quality nutritional supplements, which are aimed at preserving your good health throughout the years.

## REFERENTIAL VALUES OF LIPIDS IN THE BLOOD:

Cholesterol: 3,1 – 6,18 mmol/l

Triglycerides: 0,11 – 2,05 mmol/l

HDL > than 1,2 mmol/l

LDL < than 3,0 mmol/l

Atherogenic index < 5

Normal blood pressure values are from 120/80 mmHg to 140/90 mmHg.

## USAGE:

In order to achieve the maximum effect of this product, we recommend to take 30 ml two times a day, in the morning and in the evening, after a meal, in the accompanying measuring cup for 6 weeks, and after achieving the desired effect, continue to take it once every day, after a meal.



# Cardiofit



## A BALANCED METABOLISM HEALTHY HEART

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## AN ORGANIC COCKTAIL OF VITAMINS, MINERALS, AMINO ACIDS AND ENZYMES

Cardiofit complex is a natural product which contains high concentrations of several extraordinarily valuable and active substances, and which is produced by cold processing of wild apples and other medicinal herbs, while its final composition represents the protected Cardiofit complex.

*The basic ingredient of wild apples, which makes them such a powerful instrument in fighting cholesterol and hypertension, is – quercetin.*

Quercetin was isolated in 1857, however its true effects were discovered during the past few decades by a series of clinical studies. Quercetin belongs to the group called flavonoids, which have powerful protective effects from various illnesses. Among these effects, its positive effect on decreasing the possibility of heart attacks and strokes should be emphasized, as well as its anti-inflammatory effect. Quercetin also has strong antioxidant effects with which it practically destroys free radicals, substances which damage various types of tissue in our organism. Apart from this, quercetin is antiallergenic. Moreover, it exhibits a strong positive effect on blood vessel system and on the overall health of blood vessels, while its effects on the deceleration of the progression of atherosclerosis have been confirmed by many studies.

There is currently no other preparation with such a wide span of positive effects on numerous systems and illnesses.

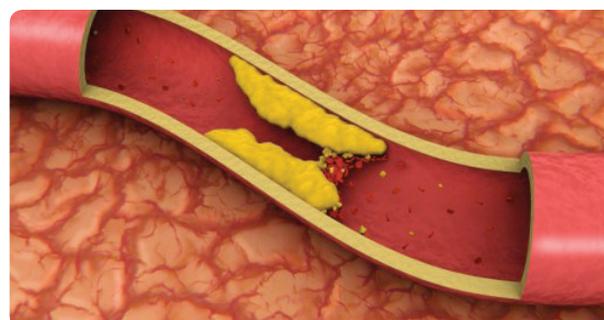
Wild apples contain very high concentrations of quercetin, up to 65 mg/kg.

However, quercetin in apples is in the form of a glycoconjugate and metabolically changes in the small intestines and bowels, which render it inactive, destroy its protective properties and excrete 72% of its total amount as a deactivated substance through urine.



The production of Cardiofit complex involves the newest technologies. By using these technologies, quercetin is extracted from wild apples and transformed into pure quercetin, which does not metabolically change and, as such, provides the organism with the maximum protective effect.

Dyslipidaemia (disorder of the lipids in the blood) and hypertension (high blood pressure) are two illnesses which are reaching epidemic proportions, and if we add obesity to them, we may say that these are the most widespread disorders within the mature population.



*Schematic representation of atherosclerotic plaques formation in a blood vessel with visible stenosis.*

Through a combination of healthy dieting and Cardiofit, levels of fats in the blood are normalized, and hypertension is decreased.

- Results and conclusions of the clinical study of the CARDIOFIT COCKTAIL preparation at the Endocrinology, Diabetes and Metabolism Clinic UCC Sarajevo, from 2013.

Analysed parameters	Number of participants	Before the treatment	After the treatment	T-test	p value
Age (years)	500	59,89+/-9,9			
Sex (M:F) %	500	39:61			
BMI (kg/m <sup>2</sup> )	500	29,43+/-1,41	26,95+/-1,12	3,91	<b>0,000</b>
Waist circumference (cm)	500	102,65+/-6,36	95,47+/-3,54	3,4	<b>0,000</b>
Blood pressure (mmHg)	500	150/90	130/80		<b>Reduced by 14%</b>
HbA1c (%)	500	8,64+/-1,77			
Glucose on an empty stomach (mmol/l)	500	6,36+/-2,11	5,91+/-1,72	1,9	0,058
Total cholesterol (mmol/l)	500	6,95+/-0,99	6,49+/-0,35	2,56	<b>0,010</b>
LDL cholesterol (mmol/l)	500	3,75+/-2,22	3,27+/-0,95	2,64	<b>0,008</b>
HDL cholesterol (mmol/l)	500	1,05+/-0,47	1,11+/-0,21	1,11	0,910
Triglycerides (mmol/l)	500	3,71+/-0,67	2,17+/-0,77	2,35	<b>0,019</b>

Values are expressed as arithmetic mean +/- SD

Note: Obtained results are trademarked by the research client.