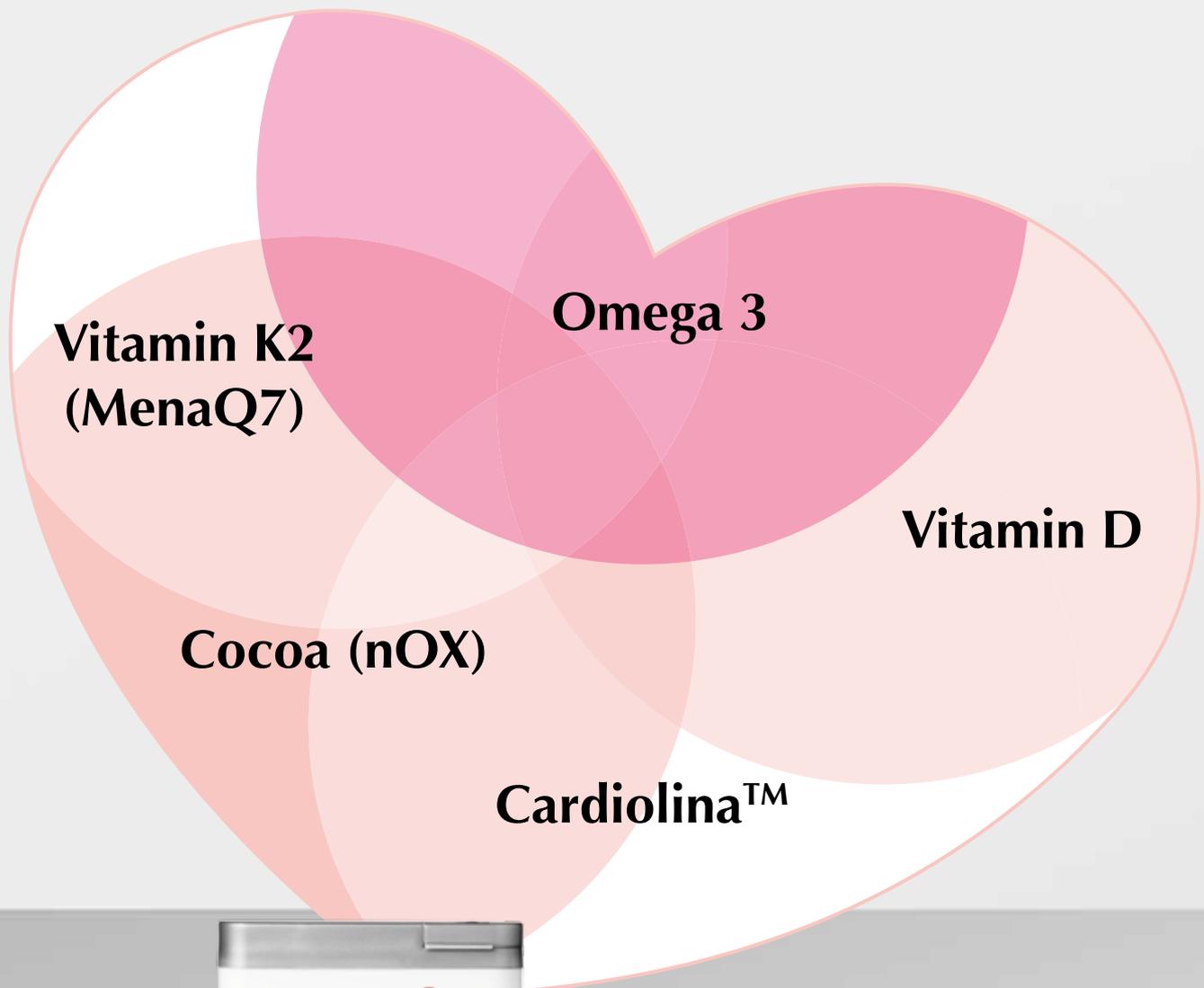


Womega[®] – the patented synergistic way of maintaining a healthy heart

A healthy heart depends on many physiological factors such as blood pressure, cholesterol, body weight, blood glucose, blood coagulation and artery inflammation. In order to effectively maintain a healthy cardiovascular system you have to support all these factors effectively. The only way of doing so is to combine relevant, documented nutrients. By doing so, you will hit all aspects in synergy. You will get the energy from the synergy.



Womega[®] – patented, exclusive combination of omega 3 fatty acids, Vitamin K2 and D, Cocoa(nOX) and Cardiolina



VITAMIN K2 – MENAQ7

Vitamin K2 is presently the hottest and most interesting vitamin of this decade. Its function is unique among other vitamins and its beneficial effects on health have clearly been documented. This is why our vitamin K2, known as MenaQ7, has just recently been approved as novel food in EU and is now on the positive list for food supplements. Womega™ green K2 has the exclusive right to combine this exciting and important vitamin with Omega-3, vitamin D and cocoa. Vitamin K's job is to distribute calcium to the right places and keep it from being deposited in the wrong places. The right places are bones and blood, and the wrong places include calcification of the vessels, bone spurs and soft tissues. Lack of sufficient amounts of vitamin K2 strongly influences how the body tackles calcium. Bones get depleted of calcium while arteries and cartilage become calcified. 2 small capsules of Womega™ green K2 ensure you a daily dosage of 15 µg K2.

COCOA – PROVIDES HEARTY BENEFITS AND NICE SMELL

Extract of cocoa beans is known to be beneficial for the healthy heart. The cocoa plant is called "Theobroma cacao," and the word theobroma means "food of the Gods" in latin. Not only does cocoa taste wonderful, it has one of the highest contents of antioxidants among plants. In Womega™ green K2 we use cocoa beans from Ecuador, as they are known for their powerful antioxidant capacity. Furthermore, our cocoa extract has a patented extraction process ensuring preservation of the antioxidants. Besides the healthy heart benefits, the cocoa makes the daily intake a pleasure, giving a pleasant smell and preventing the bad aftertaste of fish. One more benefit - the total calorie intake is not higher than other conventional dietary supplements.

CARDIOLINA – THE BLUE-GREEN ALGAE WONDER

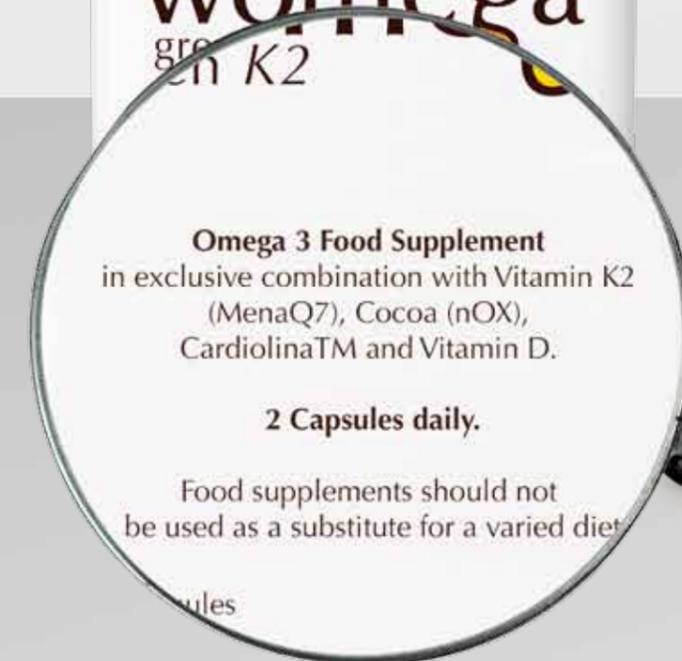
Cardiolina is a patented extract of Arthrospira, better known as Spirulina, which is a type of blue-green algae or cyanobacteria. Spirulina is believed to have been a food source for the Aztecs and other Mesoamericans until the 16th century, and the United Nations World Food Conference in 1974 lauded Spirulina as the 'best food for the future.' The health benefits of Spirulina range from immune-boosting and stress-fighting to detoxifying and energizing. These benefits can be attributed to Spirulina's incredible nutritional profile. Recent research has shown that Spirulina may contribute to a healthy heart. In Womega™ green K2 you get 5 mg in a daily dosage.

FISH OIL DOESN'T HAVE TO SMELL BAD

If you want to maintain a healthy heart, Womega™ green K2 is a unique choice, giving you fish oil, vitamin D and K2, together with Cardiolina extract and extract of cocoa - all in one capsule. Fish oil comprises the essential omega-3 fatty acids EPA and DHA. They are called essential because they cannot be created by the body itself. In other words, they have to be supplied through the diet; a daily dosage of Womega™ K2 will give you 500 mg omega-3, the dosage sufficient to maintain a healthy heart. By choosing Womega™ K2, you get a dietary supplement that doesn't smell of fish, but gives you a fresh and seductive scent of chocolate.

VITAMIN D IS A SUNSHINE STORY

Vitamin D is formed when the sun's ultraviolet rays hit your skin. Summer is therefore the easiest time a year to form vitamin D. The body tries to store vitamin D for the long winter months; however the summer might not always be sunny – at least not sunny enough to create a sufficient amount of vitamin D for the whole year. Vitamin D is essential for the healthy heart. It is therefore a good idea to take extra vitamin D if your body's storage is low. In Womega™ green K2 you get 10 µg vitamin D in a daily dosage of 2 small capsules.



Heart Health and Women*

- Cardiovascular disease (CVD) is the biggest killer of women globally, killing more women than all cancers, tuberculosis, HIV/AIDS and malaria combined
- CVD causes 8.6 million deaths among women annually, a third of all deaths in women worldwide
- By 2020, coronary heart disease (CHD) will have increased by 120% among women from 1990's levels
- Every year, more women than men die of CVD
- Young women still feel more threatened by cancer than they do by CVD
- Educating women greatly increases their willingness and ability to take heart-protective action
- As recently as 2004, in the United States, less than 20 % of physicians were aware that women are more likely than men to die of heart disease
- In the United States, there has been less frequent use of established treatment for primary and secondary prevention in women compared to men

All ingredients effect on the healthy heart backed up by science

- Omega-3 and the healthy heart: Lavie CJ et al. J Am Coll Cardiol 2009; 54 585-594
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- Vitamin D and the healthy heart: Autier P, Gandini S. Arch Intern Med. 2007; 167 (16): 1730-1737
- Cocoa and the healthy heart: Corti R et al. Circulation 2009; 119: 1433-1441
- Cardiolina and cocoa synergy: McCarty MF et al. Potential complementarity of high-flavanol cocoa powder and spirulina for health protection. Med Hypotheses (2009), doi:10.1016/j.mehy.2008.09.060



Womega® is developed by Cardio Care ApS.
Behind Cardio Care are MD Benedicte Lange and Pharmacist Joakim Rehné.

*<http://www.world-heart-federation.org/press/facts-figures/go-red-for-women>

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