

CARDIO SUPPORT

Healthy Heart

HELPLINE (USA):- +1(407)777-0062

HELPLINE (INDIA):- +91-7307032211



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Nirogam™

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Nirogamz Cardio support is a rejuvenating combination of Ayurvedic herbs that promote the proper function of the heart and circulatory system. Cardio support promotes and strengthens the muscle of the heart, supports blood circulation. Cardio supports contain the herbs, which are explained in Ayurveda with properties such as letting go of fear, angst, and other repressed emotions.

- Supports healthy blood circulation.
- Supports a healthy heart.
- Supports Blood pressure and healthy cholesterol level.
- Promotes and strengthens the muscle of the heart.
- Protects your heart against fear, anxiety, & repressed emotions.



Each 800mg Capsule contains:

Arjun (*Terminalia arjuna*), Punarnava (*Boerhavia diffusa*), Rohitak (*Tecomella undulata*), & Rudraksha (*Elaeocarpus ganitrus*) to naturally support healthy blood circulation & support the healthy heart.

Dosage: 1 capsule two times a day after 30 min of each meal with water or as directed by your health care provider.

Terminalia arjuna is one of the best natural cardio-protector agents. Arjuna has been an herb of choice in dealing with various forms of heart-related problems since ancient time. It is highly effective in nurturing the heart and its muscles. It is very helpful in proper contraction and relaxation of the heart muscles. It is also helpful in maintenance of normal heartbeat. It is also very effective in constricting the blood capillaries that is very essential for proper working of the heart. It is also helpful in increasing the blood density. It helps in dilatation of the blood vessels and is very effective in coagulation of the blood in case of any injuries and otherwise essential for maintaining the proper thickness of the blood. This is very helpful in the stimulation of the heart for its working in the most optimized levels. This property of coagulation is attained by due to the presence of Kshaya Rasa i.e. astringent taste in it. The recent researches have indicated that the 70% alcoholic extract of *Terminalia arjuna* produced hypotension of peripheral origin and support the claims of its traditional usage as cardiovascular medicine.

Boerhavia diffusa (Hogweed) literally means 'bring back to life' or 'renewer'. Similar to its name it rejuvenates the whole body, promoting vigor and vitality. Punarnava corrects the digestive system, alleviates fluid retention and very useful in managing heart diseases. Punarnava also benefits from anemia, hernia, and respiratory distress. Punarnava can also be taken in liver problems and managing lipids and cholesterol in healthy limits. Punarnava pacifies vitiated Vata, Pitta. It is also helpful during fever, constipation, leucorrhoea, lumbar pain, myalgia, skin diseases, cardiac disorders, urinary infection, vesical stone, anemia, dyspepsia, constipation, and general debility.

Tecomella undulata is commonly known as Ammora (in English) or Rohida and is locally known as a honey tree, desert teak, marwar teak or white cedar. It is reputed to be of considerable medicinal value in Ayurveda and traditionally, it is extensively used for the treatment of several diseases like liver, spleen, internal tumors, and diseases of the abdomen, wound healing, conjunctivitis, hepatosplenomegaly, blood purifier, syphilis, gonorrhea and rewarding in hepatitis. Pharmacological studies have reported it is anti-viral, anti-bacterial, analgesic, anti-inflammatory, antioxidants, & hepatoprotective.

Scientific Reference:

Amol B. Choudhari et al. / *Journal of Pharmacy Research* 2011

Debjit Bhowmik et al. / *Journal of Pharmacognosy and Phytochemistry*,
Vol. 1 No. 1 2012

Mahendra Jain et al / *Asian Pacific Journal of Tropical Biomedicine*,2012

Chandrakar et al/ *World Journal of Pharmacy and Pharmaceutical Sciences*,2013

NOTE: This product has been approved by the department of AYUSH/ Government of India. *These statements have not been evaluated by the Food and Drug Administration. Nirogamz products are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs kindly consult your qualified health care provider.