

MyoCardioPress™

Cardiovascular Support

A Healthy Heart Upgrade!

A professional product, reformulated by our NDMAPS™ members to include a range of ingredients for optimal cardiac function.

L-Taurine

Taurine is considered **anti-inflammatory, conjugates bile acids, lowers blood pressure, and is an antioxidant.**¹ At high urinary levels, it is thought to be **protective against coronary artery disease**, especially in overweight individuals.² A large, WHO epidemiological study discovered an inverse relationship between urinary excretion of taurine and ischemic heart disease in both men and women between 48 and 56 years, in 24 populations over 16 countries, with 100 men and 100 women selected in each population.³

Coenzyme Q₁₀

CoQ₁₀ acts as an **antioxidant and anti-inflammatory, is a factor in mitochondrial ATP production in heart cells, and improves cardiac output (inotropic).** A review investigated the role of CoQ₁₀ in **hypertension, ischemic heart disease, myocardial infarction, heart failure, viral myocarditis, cardiomyopathies, cardiac toxicity, dyslipidemia, obesity, type 2**



diabetes mellitus, metabolic syndrome, cardiac procedures, and resuscitation.⁴ Plasma levels of CoQ₁₀ are lower in patients with IHD compared to healthy population. In patients with CHF, CoQ₁₀ has been demonstrated to reduce mortality from disease, reduce hospital stays, and all-cause mortality over 2 years compared to standard therapy.⁵

R(+)-alpha-Lipoic Acid

An **antioxidant for age-related oxidative stress on the cardiovascular system**, that enhances the effects of glutathione, ascorbic acid, and ubiquinone, and has been studied for its effects in glucose tolerance.^{6,7}

Magnesium Orotate

A meta-analysis of 19 randomized trials, consisting of 603 people in the active magnesium orotate group and 587 in the placebo group, found that magnesium orotate decreased the risk of hypomagnesemia, exercise intolerance, dysautonomia, morning headache, tension headache, dizziness, first-degree mitral valve prolapse, grade 1 regurgitation, supraventricular and ventricular premature contraction, paroxysmal supraventricular tachycardia, and hypertension. Overall, the study concluded that magnesium orotate may help in preventing and treating **cardiac arrhythmias, regulating blood pressure, and improving autonomic nervous system.**⁸

B Vitamins and Folic Acid

Nutrients to support heart health.

Potassium

Low potassium levels increase risk of **stroke, high blood pressure, and heart disease.**⁹

Key Benefits from the Case Series

- Improvement in blood pressure (together with hawthorn)
- Increased energy, increased walking capacity (with cardiovascular disease)

Table 1: Case Studies in Naturopathic Practice on MyoCardioPress™

Sex, Age, Compliance	Side effects	Total duration	Presenting concerns	Notes
F, 60, 100%	No	Continued	Post-COVID erratic blood pressure between 140/95 and 160/100	2 capsules BID + hawthorn, between 130/70 and 140/80
M, 68, 100%	No	Continued	Previous MI	Less fatigue, decreased discomfort, and increased energy, walks further and recovers faster, 2 capsules BID
F, 40, 70%	No	5 months	Hypertension, anxiety	Some reduction in BP, feels good
F, 75, 80%	No	4 months	Breast cancer, hypercholesterolemia, hypertension	Feels good with it, no change in objective markers



Dr Robert Van Horlick, ND, is an herbalist and graduate naturopathic physician from NCNM in Portland, Oregon. Dr. Bob, as he is known by students at the Boucher Institute, taught physical medicine, patient management, history, and philosophy, and he was a supervisor from 2011 to 2019. Dr. Bob has extensive experience working on various boards overseeing the naturopathic medicine profession, and he has

obtained advanced certifications in chelation, bio-oxidative therapy, ACLS, ozone therapy, and IV injection therapy, where he held his busy practice on the west coast for over 20 years in physical medicine, IBD, pediatrics and obstetrics, and oncology. Currently, Dr. Bob is semi-retired and lives in Campbell River on Vancouver Island, where enjoys the outdoors and seeing patients as a naturopathic doctor, his true passion!

Dr. Bob contributed to the panel by testing MyoCardioPress™. He concludes that he gives MyoCardioPress™ and hawthorne, when indicated, to patients with an history of COVID, long COVID, or postvaccine.

References

- 1 Wójcik, O.P., K.L. Koenig, A. Zeleniuch-Jacquotte, M. Costa, and Y. Chen. "The potential protective effects of taurine on coronary heart disease." *Atherosclerosis*, Vol. 208, No. 1 (2010): 19–25.
- 2 Zhang, M., L.F. Bi, J.H. Fang, X.L. Su, G.L. Da, T. Kumawori, and S. Kagamimori. "Beneficial effects of taurine on serum lipids in overweight or obese non-diabetic subjects." *Amino Acids*, Vol. 26, No. 3:267–271.
- 3 Yamori, Y., L. Liu, K. Ikeda, A. Miura, S. Mizushima, T. Miki, and Y. Nara; WHO-Cardiovascular Disease and Alimentary Comparison (CARDIAC) Study Group. "Distribution of twenty-four hour urinary taurine excretion and association with ischemic heart disease mortality in 24 populations of 16 countries: results from the WHO-CARDIAC study." *Hypertension Research*, Vol. 24, No. 4 (2001): 453–457.
- 4 Zozina, V.I., S. Covantev, O.A. Goroshko, L.M. Krasnykh, and V.G. Kukes. "Coenzyme Q₁₀ in cardiovascular and metabolic diseases: Current state of the problem." *Current Cardiology Reviews*, Vol. 14, No 3 (2018): 164–174.
- 5 Mortensen S.A., F. Rosenfeldt, A. Kumar, P. Dolliner, K.J. Filipiak, D. Pella, U. Alehagen, G. Steurer, and G.P. Littarru; Q-SYMBIO Study Investigators. "The effect of coenzyme Q₁₀ on morbidity and mortality in chronic heart failure: Results from Q-SYMBIO: A randomized double-blind trial." *JACC. Heart Failure*, Vol. 2, No. 6 (2014): 641–649.
- 6 Tutelyan, V.A., A.A. Makhova, A.V. Pogozheva, E.V. Shikh, E.V. Elizarova, and S.A. Khotimchenko. "[Lipoic acid: physiological role and prospects for clinical application]" (article in Russian). *Voprosy Pitaniia*, Vol. 88, No. 4 (2019): 6–11.
- 7 Skibska, B., and A. Goraca. "The protective effect of lipoic acid on selected cardiovascular diseases caused by age-related oxidative stress." *Oxidative Medicine and Cellular Longevity*, Vol. 2015 (2015): 313021.
- 8 Torshin, I.Y., O.A. Gromova, A.G. Kalacheva, E.V. Oshchepkova, and A.I. Martynov. "[Meta-analysis of clinical trials of cardiovascular effects of magnesium orotate]" (article in Russian). *Terapevticheskii Arkhiv*, Vol. 87, No 6 (2015): 88–97.
- 9 National Institutes of Health. "How too little potassium may contribute to cardiovascular disease." *NIH Research Matters*, 2017-10-24. <https://www.nih.gov/news-events/nih-research-matters/how-too-little-potassium-may-contribute-cardiovascular-disease>. Accessed 2022-09-13.

Each vegetable capsule contains:

D-Ribose	400 mg
L-Taurine	100 mg
Coenzyme Q10	30 mg
R(+)-alpha-Lipoic acid.	20 mg
Potassium (from potassium citrate)	20 mg
Vitamin B5 (calcium d-pantothenate)	20 mg
Vitamin B6 (pyridoxal-5'-phosphate)	15 mg
Magnesium (from magnesium orotate)	10 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B3 (niacinamide)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	100 mcg
Vitamin B12 (methylcobalamin)	75 mcg

Nonmedicinal ingredients: Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use: Adults: Take 2 capsules with food twice daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

Cautions and warnings: Consult a health-care practitioner prior to use if you are pregnant or breast-feeding, if you are taking blood pressure medication, or if you have diabetes. Discontinue use and consult a health-care practitioner if you experience sweating, paleness, chills, headache, dizziness, or confusion, as these may be symptoms of serious low blood sugar.