



**HK Distributor :**  
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Dr Phil Sheldon's  
**optimal**essentials  
a fusion of science and nature



## Healthy Heart

**For cholesterol & heart blood pressure management**



Price : HK\$560.00



### Nutritional Information

Ingredients	Per 5g Serve	Per 100g
Energy	23cal	460cal
Protein	1.5g	30g
Fat, total - saturated	0.3g 0.1g	6g 2g
Carbohydrate - sugars (naturally occurring)	1.5g 0.4g	30g 8g
Sodium	19mg	380mg

### For cholesterol, heart blood Pressure management

Contains scientifically proven natural nutrients for heart health. Not only nourishing for your heart, it may assist in controlling cholesterol and lowering blood pressure, reduce inflammation and control triglycerides.

It can also help reduce oxidative stress, fight fatigue and improve your mood, strengthen the cardiovascular system, lower cholesterol and combat premature aging.

### Why you'll love it:

- Can help lower cholesterol and blood pressure and may strengthen your heart
- Helps keep your heart healthy
- Can help reduce oxidative stress, fight fatigue and improve your mood
- Contains pure cacao
- Loaded with antioxidants, vitamins & minerals
- High in omega 3, EPA & DHA
- High in starch resistant insoluble
- Suitable for diabetics
- Safe with medication and during pregnancy

We use a combination of certified organic and organically-grown ingredients.

### Ingredients:

Inulin (from chicory root), Soy Isolate, Barley Beta Glucans, Natural Cocoa, Psyllium Husk, Algae DHA (from seaweed), Antioxidant Berry Fruit Blend (Raspberry, Strawberry, Elderberry, Blackberry, Blueberry), Grapeseed, Olive Leaf, Green Tea, Flaxseed, Turmeric, Stevia, Purple Carrot, Kale (Lutein)



### NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### HOW TO USE:

Mix 1 teaspoon(5g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.