

My Top Recommended Supplements-- Part 2

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Earlier this year, I discussed some of my favorite NOW supplements for good health. This included Glyconutrient Complex, Natural Resveratrol with green tea and red wine, Broccology™ (Broccoli extract) as well as the herb, Rhodiola. My top favorites list cannot be limited to these few, so I will discuss several others worthy of consideration.

1. **NOW® Modified Citrus Pectin (MCP)** contains PectaSol®, a patented low molecular weight citrus pectin that can pass through the intestinal barrier so it can work systemically. This product is available in capsule and powder form. MCP can bind to and facilitate excretion of low levels of heavy metals that commonly come from mild environmental exposure. A recent study indicates that modified citrus pectin promotes healthy urinary excretion of common, mild environmental exposures of heavy metals such as mercury, arsenic, cadmium, lead and tin without altering excretion of necessary good minerals. In addition, MCP has been shown to support healthy cellular growth and reproduction.* Men and women with prostate and/or breast health concerns should consider this an essential component of their diet. Note: serving size is 1 tsp or 8 capsules, 2-3 x daily.
2. **NOW® Ubiquinol CoQH-CF™** contains the reduced form of CoQ10 which has been shown to be up to 8 times more bioavailable and active than standard CoQ10. Ubiquinol makes all other Co-Q10 products obsolete. The addition of citrus-based d-Limonene naturally improves its solubility, which further enhances intestinal absorption. Coenzyme Q10 is present in almost all cells, where it is necessary for mitochondrial energy production. The body's highest concentrations of Coenzyme Q10 are found in the heart, liver, and lungs. In addition to its cardiac benefits in energy production, CoQ10 also functions as a powerful fat soluble antioxidant, providing protection against free radical attack for cardiovascular structures, as well as for the brain and neurons.*
3. **Pycnogenol®** is a natural plant product made from the bark of French pine, *Pinus maritima*. Pycnogenol® is rich in proanthocyanidins, a class of water-soluble antioxidant flavonoids which are excellent free radical scavengers. Numerous scientific studies over the past 50 years have demonstrated that Pycnogenol® helps to maintain vascular strength and function. In addition, Pycnogenol® has been shown to support a healthy, balanced inflammatory response.* Pycnogenol has been scientifically evaluated in humans with diabetes, diabetic retinopathy, and diabetic blood vessel health, erectile dysfunction, menopausal symptoms, asthma, dysmenorrhea (menstrual pain), arthritis, thrombophlebitis, and hypertension.
4. **NOW® Nattokinase** is an enzyme isolated from Natto, a traditional Japanese fermented soy food. Natto has been consumed safely for thousands of years for its numerous health benefits. More recently, both clinical and non-clinical studies have demonstrated that Nattokinase supports heart health and promotes healthy circulation.
Each serving of NOW® Nattokinase provides 2000 FU (Fibrinolytic Units) to help maintain already healthy levels of blood clotting factors within a healthy range.*
Note: People with blood coagulation disorders or who take anticoagulant (“blood thinning”) medications (including aspirin) should consult a physician before use. Do not take if prone to bleeding. Unlike some other brands, NOW® Nattokinase contains no Vitamin K, which would enhance clotting.

5. **NOW® Serrazimes®** is a proteolytic blend composed of enzymes derived from the edible fungi, *Aspergillus oryzae* and *Aspergillus melleus*. Scientific studies indicate that Serrazimes may help maintain and support cardiovascular and lymphatic health through its ability to help break down excess fibrin. Serrazimes® was designed as an alternative for Serrapeptidase, a silkworm-derived bacterial compound, which has been used for cardiovascular, anti-inflammatory, respiratory, and immune support. Serrazimes® is safe and effective when used as directed, providing enzymatic activity equivalent to Serrapeptidate (aka, Serrapeptase).* Be sure to take on an empty stomach.

Note: Persons taking blood thinning or antibiotic medications and those with serious health disorders should consult their medical practitioner prior to taking Serrazimes®.

6. **NOW® Ulcetrol™** is a dietary supplement designed to protect and support a healthy stomach lining. Ulcetrol™ contains the patented ingredient, PepZin GI®, which has been shown to provide a defense against damaging assault on the stomach's mucosal cells. PepZin GI® also has the ability to encourage the repair of injured thinning tissue. NOW® Ulcetrol™ has the additional benefit of Mastic Gum, a natural resin from *Pistacia lentiscus*, a small evergreen tree native to Greece. Mastic Gum supports stomach health, demonstrating effectiveness at providing relief of digestive discomfort.* 20% of the US population have ulcers and 80% of them have elevated levels of H. Pylori. These ingredients can be especially valuable for those who may have been exposed to H. pylori bacteria, and/or under a lot of stress.

***Disclaimer:** These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.