



Product Information Sheet

Purple Cushhh Go With The Flow

60 Capsules (1-2 capsules twice daily with meals or as prescribed by a Health Practitioner)

Improves oxygen delivery, Expands blood vessels, Improves overall circulation, Prevents blood clots

Ingredients

Ginkgo Biloba, Turmeric, L-Arginine, Wild Olive, Magnesium Chloride, Vitamin D3, Vitamin C, Sutherlandia

The circulatory system is made up of blood vessels that permit blood to circulate through the body. It supplies oxygen and nutrients to the cells and takes away waste products such as carbon dioxide. The major functions of the circulatory or cardiovascular system are the transportation of nutrients, gasses and waste products and the maintenance of constant body temperature and fluid balance in the body. The continuous movement of blood through the body is maintained by the pumping action of the heart.

Go with the Flow capsules contain Ginkgo **Biloba** which improves blood circulation by opening up blood vessels and helps to reduce the "stickiness" of the blood, lowering the risk of blood clots. Forming. Ginkgo Biloba has antioxidant properties which assist with the maintenance of healthy blood cells.

Curcumin compound in the **Turmeric** ingredient has a range of health benefits. It is a natural antioxidant (protecting cells from the molecules produced when food is broken down in the body or exposure of body to tobacco or radiation) which helps to prevent heart disease. Another benefit of Turmeric is that it protects arteries from fatty build up (atherosclerosis) resulting in reduction of the risk of a heart attacks or stroke. The Curcumin compound also fight inflammation (anti-inflammatory effect) and helps to keep blood sugar levels steady, which makes it a powerful tool to treat or prevent Diabetes. **L-arginine** is an amino acid that the body uses to produce the chemical nitric oxide. Nitric oxide is a powerful vasodilator (open/dilate blood vessels) and plays a large role in regulating the tone of blood vessels which lowers the blood pressure and treat coronary artery disease (heart attack). L-arginine also improves the burning of glucose which assists with the blood sugar levels in diabetics. **Wild Olive** is recognised as having anti-atherogenic effects which protect against the formation of plaque in the inner lining of the arteries. Additionally is has anti-inflammatory and anti-oxidant properties and assist to regulate blood pressure and provide cardiac protection. **Magnesium Chloride** is used to treat or prevent Magnesium deficiency in the body. Magnesium helps to prevent blood vessels from constricting, which increase blood pressure and improve blood flow through the vessels. Additionally Magnesium regulates the heart rhythm and assists with the production and use of insulin in the body. **Vitamin D3** helps to keep arteries and bloods vessels relaxed enough to support proper blood flow. Studies have also shown that **Vitamin D3** can repair damage to the heart and blood vessels caused by high blood pressure. Vitamin C helps with circulation by strengthening capillaries and cell walls which improve blood flow. Vitamin C is an anti-oxidant which provides protection against heart disease. **Sutherlandia** also known as the Cancer Bush has benefit for Diabetics because of its ability to normalise insulin levels and glucose uptake in the tissues

