



Supplements for Heart Health

Engaging in physical activity and choosing healthy foods are two key ingredients for a healthy heart. Adding a supplement to your daily routine can also help you get some of the nutrients and beneficial compounds that your diet might be lacking. Here, we review the facts about heart health supplements; so with your doctor's okay, you can choose one that's right for you.

Omega –3 fatty acids

Studies have shown strong evidence that Omega-3 fatty acids from fish oil may significantly reduce blood triglyceride levels and also may cause small improvements in increasing (HDL), the “good cholesterol.”

Suggested Amounts: 500mg-1000mg of Omega-3 fatty acids daily

Available at ShopRite: Natrol® Omega-3 Fish Oil 1000mg, ShopRite Omega –3 Fish Oil Concentrate, Sundown®Naturals Fish Oil 1000mg

Coenzyme Q-10

Coenzyme Q10 (CoQ10) is produced by the human body and is needed for normal cell function. CoQ10 levels can decrease with age and may be lower in patients with heart disease. Preliminary research suggests that CoQ10 causes small decreases in blood pressure.

Suggested Amounts: 50-1200mg divided doses of CoQ10 daily

Available at ShopRite: ShopRite Coenzyme Q10 100 mg soft gels,

Phytosterols and Phytostanols

Plant (phyto) sterols and plant (phyto) stanols occur naturally in many fruits, vegetables, plant oils, nuts, seeds, cereals and legumes. Research shows when plant sterols/stanols are an addition to a heart-healthy eating plan, the risk for heart disease may decrease. Furthermore, phytosterols and phytostanols may lower total cholesterol and LDL (bad cholesterol).

Suggested Amounts: 1000mg of phytosterol or phytostanol twice daily

Available at ShopRite: Bayer® Heart Health Advantage, Sundown® Phytosterol Complex

Blond Psyllium

Blond psyllium is an herb in the form of a seed. The outer covering of the seed, or husk, is used to make the supplement. If taken in combination with a heart-healthy diet, blond psyllium can help lower cholesterol in people with high cholesterol. Taking blond psyllium reduces cholesterol levels in people with mild to moderate high cholesterol, but has not been proven to prevent heart disease.

Suggested Amounts: 2.5 g blond psyllium seed powder three times daily

Available at ShopRite: Metamucil brand varieties

Taking dietary supplements should be managed under the supervision of a health care professional. If you are pregnant, nursing or taking medications consult your doctor before taking any dietary supplements.

References

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