

POLYPHENOL WORKS!

Polyphenols are a group of natural substances found in plants and fruits, giving them colours while protecting them from diseases. They play vital roles in maintaining your health and wellness, protecting the cells in your body from free radical damage including **promoting healthy heart functions**.

Did You Know?

In average, your heart beats 80 times per minute, 4,800 times per hour and 115,200 times per day and 42,048,000 times per year!

Promote **Healthy Heart** Functions

Being the most hardworking organ in our body, the heart deserves the best. Polyphenols act as excellent antioxidants and are beneficial in maintaining healthy heart functions such as improving blood flow, promoting healthy and normal blood vessel constrictions to maintain optimum blood vessel function.



Various studies have demonstrated that polyphenols help in **promoting healthy heart functions** by:

- ✓ **Reducing inflammation** in the blood vessels.^{1,2}
- ✓ **Promoting healthy lining** of blood vessels.^{1,2}
- ✓ **Promoting healthy blood pressure**.²
- ✓ **Maintaining healthy levels of platelet clumping**.^{2,3}

Here's
the
proof!

Check out how polyphenols promote healthy heart functions.

1. Saleem, T. S. M., & Basha, S. D. (2010). Red wine: A drink to your heart. *Journal of Cardiovascular Disease Research*, 1(4), 171–176. <http://doi.org/10.4103/0975-3583.74259>
2. Vidavalur, R., Otani, H., Singal, P. K., & Maulik, N. (2006). Significance of wine and resveratrol in cardiovascular disease: French paradox revisited. *Experimental & Clinical Cardiology*, 11(3), 217–225.
3. Lopez-Sepulveda R, Rosario J, Miguel R, Maria JZ, Manuel S, Manuel GG, et al. Wine polyphenols improve endothelial function in large vessels of female spontaneously hypertensive rats. *Hypertension*. 2008;51:1088–95. [PubMed]