

# PROTANDIM<sup>®</sup>

## heart health

ACTIVATION STACK™

EN PROTANDIM<sup>®</sup> & LIFEVANTAGE<sup>®</sup> PRODUCTS

### *product information sheet*



Stay Young  
at Heart

Life is made up of moments. A strong heart is essential to staying healthy for all of them. Keep your heart muscle pumping and your circulatory system flowing with 3 products that will show your cardiovascular system some love: Protandim<sup>®</sup> Nrf2 Synergizer<sup>®</sup> helps activate your body's ability to produce antioxidants that protect the cells that line your heart and blood vessels from oxidative stress to maintain healthy circulation. Protandim<sup>®</sup> NRF1 Synergizer<sup>®</sup> maximizes the energy your body has available to power your heartbeat. LifeVantage<sup>®</sup> Omega+™ delivers essential fatty acids that keep your cells and blood vessels able to maintain healthy blood flow.\*

#### *Benefits*



Protects heart and blood vessels from effects of oxidative stress\*  
**Protandim Nrf2 Synergizer<sup>®</sup>**



Helps power a strong heart muscle by supporting production of cellular energy\*  
**Protandim NRF1 Synergizer<sup>®</sup>**



Supports healthy vascular function and circulation\*  
**LifeVantage<sup>®</sup> Omega+™**



Helps maintain healthy lipid levels, already in the normal range\*  
**LifeVantage<sup>®</sup> Omega+™**



Helps maintain healthy cholesterol levels, already in the normal range\*  
**Protandim Nrf2 Synergizer<sup>®</sup>**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*Tips*

Here are tips for a heart-healthy lifestyle:



**Get Active**

Exercising for just 30 minutes a few times a week can help strengthen your heart. Exercise can also help you manage your weight, which also reduces stress on your heart and helps you maintain a healthy blood pressure.



**Eat a Balanced Diet**

Consuming mainly fresh fruits, vegetables, whole grains, and protein-rich foods like beans, fish, and nuts can benefit your heart. Your heart can also benefit from avoiding packaged food, saturated fats, and foods high in sugar or salt.



**Get Quality Sleep**

Sleeping 7 – 8 hours a night is ideal. If you have trouble falling asleep, try to limit screen time before bed and set a bedtime routine. Good quality sleep helps you feel refreshed, so you have energy for other positive habits.



**Manage Stress**

Focusing on time with loved ones, exercise, mindfulness/meditation, and the hobbies you enjoy can improve or maintain your heart health. You can help manage stress by paring down your to-do list and resting when you feel overwhelmed.

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*Directions*

For best results, take 1 Protandim Nrf2 Synergizer® caplet, 2 Protandim NRF1 Synergizer® capsules, and 3 LifeVantage® Omega+™ softgels once per day.

Please visit [LifeVantage.com](https://www.LifeVantage.com) to find the supplement facts for individual products.

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