

Take the long view on health

There's a natural way to prevent heart problems, says
GEORGE NICHOLS

MORE and more of us are aware of the perils of heart disease – and many are trying to do something to prevent it. Nearly one in 10 healthy Britons over the age of 45 takes aspirin as a blood thinner, just in case, to ward off a heart attack.

Clinical guidelines advise that those who are not at high risk of cardiovascular disease should not be taking aspirin as a preventative, as potential side effects of internal bleeding outweigh the benefits. Now, however, there is a natural alternative with no side effects.

Maintaining a healthy blood flow is the third pillar of heart health, just as important as keeping cholesterol and blood pressure in check. But it often gets overlooked. It's particularly important if you are over 40, as around this age the body's natural cardioprotective nitric oxide depletes and has a negative effect on the blood's flow.

Nitric oxide is responsible for calming blood platelets, so that the blood flows smoothly, and keeping blood vessels relaxed, controlling blood pressure.

As we age our natural cardioprotection decreases. Blood platelets can become overactive and sticky, raising the risk of heart disease, raising blood pressure and increasing the likelihood of blood clots.

For the first time there's a natural, safe, scientifically proven solution for healthy



ON TARGET: Golfer Kenny Banks is taking steps now to protect himself later in life

blood flow and cardiovascular health. Fruitflow+omega-3 has been developed by scientists and endorsed by the European Food Safety Authority and European Commission. Extracted from the jelly around the seeds of sun-ripened tomatoes, Fruitflow is combined with omega-3, enhancing the heart health benefits of both ingredients.

Recent studies published in the European Journal of Clinical Nutrition have shown that Fruitflow works in a similar way to aspirin, promoting healthy blood flow and preventing clotting, but more gently so that it doesn't cause the side effects.

Ken, 60, from Essex, says: "I've been taking Fruitflow for four years and I can definitely feel the benefits. My blood pressure is lower, I have more energy, I no longer suffer from cramp or headaches and better circulation means I can continue activities normally curtailed by age.

"I see myself taking this long term – I've tried a number of vitamins and supplements before but none has stuck. I truly believe this is as good as it gets."

Fruitflow can also be beneficial to people who have yet to reach their 40s. Kenny Banks, 28, also from Essex, says: "As a professional golfer my long-term health is extremely important to me. My family has a history of blood related issues so I started taking Fruitflow+omega-3 as a preventive measure. It provides me with peace of mind, helping lower the risk of what my father and grandmother went through."

If you're worried about heart problems, Fruitflow+omega-3 is a good preventative step that's both simple to take (the twin ingredients combined in one daily capsule) and without side effects.

INFORMATION: Fruitflow+omega-3, from £14 for 30 days, is available from fruitflowplus.com/express

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