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▶ **NEED HELP?**

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Call: 720.929.9555

Mon-Sat 8am - 9pm

If you need help ordering or choosing what products may be best for you then call us and a trained person will help you.



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Dr. Mark Crapo

"Do you want to feel and look better - find out how you can by using Symmetry health products."

Statistics reported by the American Heart Association reveal that 1 in 5 deaths are attributable to heart disease, and 1 out of every 2 people have a very high blood cholesterol. The good news is that you can improve your odds.

Dr. Frederic Vagnini, a world-renowned cardiovascular surgeon and member of Symmetry's Technical Research and Advisory Council, has helped develop a product that truly supports cardiovascular health: Cardio Essentials formula. Symmetry's Cardio Essentials formula protects the body through three important ways:

- (i) Supporting healthy cholesterol levels
- (ii) Supporting healthy circulation
- (iii) Offering a comprehensive cardio-tonic

▶ **Start your cardiovascular health maintenance program with Symmetry's Cardio Essentials.**

- Cardio Essentials incorporates ingredients scientifically proven to promote cardiovascular health, including: Cholestatin - purified plant sterols known to be especially good for heart health.
- Fatty Acids - alter prostaglandin synthesis, which reduces platelet aggregation and supports healthy circulation and intestinal tract, reducing the risk of heart disease.
- Vitamins E, B6, B12 and Folic Acid - to assist with normal circulation.
- Co-Enzyme Q10, Hawthorne Berry and L-Carnitine Tartrate - known to support the energy capacity of the heart.

- Garlic - to help keep cholesterol in check.
- Fiber - 5 grams of dietary fiber per serving to promote normal blood cholesterol levels.
- No artificial flavors, coloring or sweeteners.
- One scoop mixed with 8 oz. water is guaranteed to contain all the vital nutrients needed for a healthy heart.

People using CardioEssentials also use these supporting products:

[Advanced Omega](#)

[Protection 4 Life with Genesis health system](#)

[BotanaCleanse](#)

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**Cardio
Essentials**

**Symmetry
products
are not sold
in Stores**

Ingredients and Supplement Facts *Daily value not established

Suggested Use: Mix one scoop with 8 oz. of water daily as a dietary supplement

Supplement Facts Serving size: 1 Scoop (7g) Servings per Container: 30 (7.4 oz.)	Amount Per Serving	% Daily Value
Calories	20	
Total carbohydrate	5.0g	2%**
Dietary fiber	5g	20%**
Sugars	0 g	*
Vitamin E (as dl-alpha-tocopheryl acetate and d-alpha-tocopheryl succinate)	100 IU	333%
Niacin (as inositol hexanicotinate)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	15 mg	750%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Magnesium (as magnesium oxide)	25 mg	6%

Chromium (as chromium amino acid chelate)	100 mcg	83%
Selenium (as sodium selenate)	200 mcg	286%
Beta 1,3 D-glucan	15 mg	*
Fiber blend: Oar fiber, gum acacia, vegetable cellulose, apple pectin, BENEFIBER®*** (soy fiber), carrot fiber, grapefruit pectin, pea fiber and soy fiber	50 mcg	*
Odorless Garlic concentrate (10,000 ppm allicin)	15 g	*
Coenzyme Q-10	10 mg	*
L-Arginine	50 mg	*
Cholestatin (purified plant phytosterols: 50% beta-sitosterol, 25% campesterol and 20% stigmasterol)	50 mg	*
Betaine HCl	15 mg	*
Probiotic blend: Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus casei and bifidobacterium bifidum	50 million CFU	*
Hawthorn berry extract (Crataegi fructus) (5%vigexin)	75 mg	*
Sodium alginate	10 mg	*
Taurine	100 mg	*
Fatty acids concentrates blend: Soy lecithin (50% fatty acids), Guggulipid™ (2.5% guggulsterones extract of commiphora mukul), Omega 3 fatty acid concentrate (from fish body oil) (EPA&DHA), Omega 6 fatty acid concentrate (from borage seed oil) (GLA)	300 mg	*
L-Carnitine tartrate	25 mg	*
Botanical antioxidants blends: Green Tea extract (24% catechins and 36% total polyphenols), Mixed citrus bioflavonoids complex (40% hesperidin and other flavonones, flavonols, flavones and quercetin), Activin™**** (grape seed extract), Grape skin extract (15% polyphenols) (Vitis vinifera), Pine bark 4:1 extract, Mixed berry anthocyanins complex [bilberry 100:1 extract (25% anthocyanins), blueberry 10:1 extract and raspberry extract]	100 mg	*

Other ingredients: silica.

*Daily value not established

**Percent values are based on 1,000 calorie diet

***BENEFIBER® is a registered trademark of Sandoz Nutrition Corporation.

****Activin™ is a trademark of InterHealth Inc.



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Other Symmetry Products

Nutritionals

Genesis X24
Genesis
NutraPack
Ultra Vitality Crystals
Ultra Vitality Drink
Ultra Vitality Nutra Pack

Weight Loss

UltraSlym Pack
Carbless
Simply Slym
Liposorb
Wow Smoothie
WOW Pack

Skin Care

Skin Renewal Caplets
Skin Essentials
- Facial Cleanser
- Daily Moisturizer
- Hand/Body Lotion

Nutritional Systems

Protection 4 Life with Genesis
Protection 4 Life with Aloe Plus
Protection 4 Life with New
Attitude
Vitality System

Cleanse Products

BotanaCleanse
BotanaCleanse Plus
ParaCleanse

Children and Kids Daily

Fruitamins
Future Star

Bundles

Cleanse Bundle
Joint Support
Stress Bundle
Winter Bundle

Daily Health Support

Advanced Omega
Mega Juice
Female Balance
Male Balance
Calcium Coverage

Herbal Support Products

Aloe Plus
Aphrodisia 136
Bio Infinity
Botana-E
Botana-C
Botana-G
BotanaLax
Cardio Essentials
Clarity
Cold RX
Ease GM
Immunity
Glucosamine Formula
New Attitude
Neurocalm

- Firming Serum

Natural Soap
Botanic Gold

Water Filter
Countertop Water Filter

Optibreathe
Tranquility

Our name "Symmetry" was chosen because it means "beauty resulting from balanced or harmonious arrangement", and this describes our Herbal and Nutritional Health supplements. All of our products are manufactured with the most advanced techniques and under stringent guidelines to ensure that you get the freshest, purest, and best quality Cardio Essentials product possible. Through research, education, and a sincere concern for planet Earth, you, and your family's health, joy, and well being.

All information presented on these web pages is not meant to diagnose, prescribe, or to administer to any physical ailments.
In all matters related to your health please contact a qualified, licensed practitioner.

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