

# Bioflav Matrix

A synergistic blend of bioflavonoids to improve blood flow and protect the cardiovascular system.

## Each capsule contains:

Resveratrol (polygonum extract)	100mg
Quercetin (quercetin dihydrate)	180mg
Grape seed extract (vitis vinifera) 95% OPCs	150mg
Black currant extract (fruit, ribes nigrum) 110:1, 36% anthocyanosides	50mg
Bilberry extract (fruit, vaccinium myrtillus) 4:1	50mg
Coenzyme Q10 (ubiquinone)	30mg

60 vegetable capsules

Gluten, soy and dairy free.



Bioflavonoid compounds in fruits and vegetables have powerful antioxidant and cardio-protectant activities that are independent of naturally accompanying vitamins and minerals these foods contain. Most notably, bioflavonoids are capable of combatting oxidative and free-radical damage that can negatively impact the cardiovascular system. Higher dietary intake of bioflavonoids has been associated with a significantly reduced risk of stroke and heart disease. Each bioflavonoid has its own unique benefits, but they have synergistic advantages when used together.

**Resveratrol** is a bioflavonoid found in the skin of grapes and often credited for the health benefits associated with red wine consumption. Research supports that resveratrol supplementation can improve blood flow and left ventricular function in individuals after a heart attack. Improvements in insulin sensitivity, blood sugars, lipid markers and cerebral blood flow have also been noted in clinical trials with resveratrol.

**Bilberry, grapeseed and black currant** are all plants that contain cyanidins. Cyanidins are actually a group of bioflavonoid compounds, which includes oligomeric

## Key points

- Synergistic combination of multiple bioflavonoids with powerful antioxidant and anti-inflammatory actions
- Added coenzyme Q10 for mitochondrial support of the cardiovascular system
- Indicated for chronic venous insufficiency, cholesterol support and overall cardiovascular protection

proanthocyanidins, anthocyanosides and cyanidin-3-glucoside, that collectively improve the integrity of blood vessels and microcirculation. Grapeseed extract in particular has been shown to reduce blood pressure and heart rate in those with metabolic syndrome, while improving blood flow and reducing leg swelling in sedentary women. Black currant, on the other hand, has been demonstrated to improve vascular flow to the eyes, night vision and eye fatigue.

**Quercetin** is a bioflavonoid compound found predominately in apples and onions. It is most well-known as a natural antihistamine capable of

stabilizing mast cells and reducing allergic symptoms. It has also been shown to increase HDL cholesterol, inhibit the oxidation of LDL cholesterol, and reduce numerous markers of inflammation-making it a powerful cardioprotective agent.

**Bioflav Matrix** is an evidence-based formulation blend of these bioflavonoids combined with additional coenzyme Q10 for optimal blood vessel and cardiovascular support. These nutrients act synergistically as a network of antioxidants for improved blood flow in chronic venous insufficiency and improved cardiovascular health outcomes.

## Related products

A·C·E·S· + Zinc

C·Matrix

Inflamatrix

Garlic Active Principles

Greens Matrix

Lipo·Matrix

**Non-Medicinal Ingredients:** Vegetable-grade stearate. Capsule: hypromellose.

**Indications:** Helps to maintain and/or support cardiovascular health. A source of antioxidants for the maintenance of good health.

**Directions:** Adults - Take 1 capsule, 1-2 times per day or as directed by a healthcare professional.

**Duration of use:** Consult a healthcare professional for use beyond 12 weeks.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use of this product especially if you are taking any prescription medication including blood pressure medication as resveratrol may alter the effectiveness of these medications.