# Heart Health

Nearly one in three adults exposes his or her heart and blood vessels to the burden of hypertension. Most therapies are primarily aimed at reducing blood pressure. A recently investigated substance derived from grapeseeds, MegaGrape BP®,  is able to do just that. Rich in polyphenols, it delivers more oxygen into the blood and thereby reduces blood pressure. The risk of hypertension is nearly always associated with the circadian rhythm.

Blood pressure surges in the morning and drops at night, so taking a high blood pressure remedy at bedtime would therefore be too dangerous. For this and other reasons, intelligent combinations of active substances for cardiovascular health always comply strictly with the principles of chronobiology. Modern preparations utilize another much-longed-for effect: a special enzyme with its 285 amino acid components is able to dissolve or prevent blood clotting. This enzyme based on soy proteins is called nattokinase and is well-known in Asia as a remedy for reversing or preventing cardiovascular disease. Grape extract and nattokinase also make a perfect match with the three key substances that fight the toxic amino acid homocysteine: folic acid and the vitamins B12 and B6.