

COMPLIMENTARY SUPPLY REQUEST FORM

Please indicate the products you would like to receive.

NUMBER	PRODUCT
_____	Omega-3
_____	CardioDaily (multivitamin)
_____	CardioSterol
_____	CardioTea
_____	CardioGT (glucose tolerance)
_____	Patient Brochure (with order form)
_____	Acrylic Brochure Holder (for countertop)

Please return this form to:

FAX: (816) 753-0688
MAIL: CardioTabs
 3101 Broadway, Suite 305
 Kansas City, Missouri 64111
E-MAIL: info@cardiotabs.com or
 call 1-800-811-1007 to place
 your order by phone

Please send to:

Company: _____

Attention: _____

Address 1: _____

Address 2: _____

City, State, ZIP: _____

Telephone _____ Fax: _____

E-mail: _____

CLNRPT012008



**Free shaker
with CardioWhey
purchase.**

**Call 1-800-811-1007
and mention
coupon code
"Heart Month."
Ends Feb. 29, 2008.**

Fish or Fish Oil

By now, we all know that eating fatty fish is good for us. We also know that taking fish oil supplements helps to reduce triglyceride and may benefit other conditions as well. Higher levels of omega-3 fatty acids (specifically DHA and EPA) in the red blood cells directly correlate with lower risk for heart disease and sudden cardiac death. However, many of the studies linking omega-3 fatty acids (DHA and EPA) to reduction in risk of CAD involved consumption of fish; not supplementation. Even recommendations made by the American Heart Association (AHA) in 2002* presumed the equivalence of bioavailability of DHA and EPA from fish and fish oils. Until now, little research has been done to directly prove this. In fact, some past studies showed that eating fish raised DHA and EPA levels in the blood more effectively than taking supplements; however, the DHA and EPA content of the fish and fish oil capsules was never matched.

In a study published in December's American Journal of Clinical Nutrition (AJCN), researchers sought to discover whether omega-3 fatty acids from oily fish consumed weekly or from fish oil capsules taken daily are equally bioavailable. They compared the effects of equivalent intakes of marine omega-3 fatty acids from fish and fish oil capsules on the EPA and DHA content of red blood cell membranes (RBCs) and plasma phospholipids (PPL) fraction.

Researchers from the AJCN study used CardioTabs Omega-3 Fish Oil because its DHA:EPA ratio is closest to that found naturally in oily fish such as tuna and salmon. In this 16-week study of 23 pre-menopausal women, 12 were given 17 CardioTabs Omega-3 Fish Oil softgels each two week period at a prescribed rate of one or two per day and 11 women consumed three six-ounce cans

of albacore tuna and one 171 gram salmon fillet every two weeks at prescribed intervals.

Researchers then measured the omega-3 fatty acid content of RBCs and PPLs. They concluded that both fish and fish oil capsules had the same effect on the major long chain omega-6 and omega-3 fatty acids measured in the red blood cells or in plasma phospholipids.

**The American Heart Association's recommendation for DHA and EPA consumption are divided in three categories. For those without known CAD, the AHA recommends consuming at least two fish meals per week (preferably oily fish). For those with known CAD, the AHA recommends consuming approximately one gram EPA and DHA per day from either fish or from supplements. For those with elevated serum triacylglycerol concentrations (hypertriglyceridemia) the AHA recommends at least two to four grams EPA and DHA per day from supplements.*

For more information about this study, please email michelle@cardiotabs.com.

**Harris WS, Pottala JV, Sands SA, Jones PG. Comparison of the effects of fish and fish-oil capsules on the n-3 fatty acid content of blood cells and plasma phospholipids. Am J Clin Nutr 2007; 86:1621-5.

IN THIS ISSUE...

Fish or Fish Oil	Cover
Healthy Weight in 2008	p. 2
Nutrition Risk Assessment	p. 3-4
CardioTabs Omega-3 Chosen For Clinical Study	p. 5
Supply Request Form	p. 6

KEEPING A HEALTHY WEIGHT IN 2008

How many of your patients have resolved to get fit in 2008? How many of them have already stopped trying? Helping patients reach their weight loss goals can be difficult, particularly given the limited time you may have with them. We asked four nutrition professionals for their best advice for weight loss.

Joan O'Keefe, RD

Joan O'Keefe, RD, a Kansas City dietician in private practice and co-author of *The Forever Young Diet and Lifestyle*, has several rules for weight loss. O'Keefe recommends using waist circumference as the first measure of health. I tell patients, "let's get your waist size down to less than half of your height and then we'll talk about body weight. That sounds difficult, but belly fat is dangerous. It leads to inflammation and disease." She also says that patients love using waist circumference as a guide. It's tangible and fun to watch the inches disappear.

O'Keefe tells all patients that they must eat breakfast. They must also include protein in morning, noon, and evening meals. "I say, pick your color – you need fruits and vegetables morning, noon and night."

During the weight loss period, O'Keefe recommends only one starch per day and filling in with fruits and vegetables. She advises avoiding alcohol during the initial weight loss period and drinking plenty of water daily. She tells patients to pick their exercise and do it first thing in the morning. "Make small steps and wake up just a few minutes earlier everyday to do some activity," she says. If starting a walking program, she always advises patients to invest in good walking shoes – without proper shoes, achy joints will end an exercise program. She tells patients to have one serving of whey protein daily. "Whey protein has been shown to help reduce waist circumference even without exercise," she says.

O'Keefe also advises patients to drink green tea or to take a green tea supplement with little to no caffeine. One often forgotten key to weight loss, says O'Keefe, is sleep. "If I can't get a patient to sleep at least 7.5 hours per night, I can't get them

to lose weight. Sleep is a must and therefore, no caffeine after noon each day!"

Sally Brown, MA, RD, CSSD

www.ebodyfuel.com

While many people are trying to get healthy this time of year, winter is the hardest time to keep up healthy habits says Brown. She says that many of us suffer from the "hibernation effect" that keeps us indoors and ups our craving for sweet, fatty foods. Brown offers the following tips for avoiding winter weight gain and beginning a new, healthy lifestyle:

- Remember, extreme diets don't work.
- Know your body fat. Muscle strength is the key to long-term health.
- Know how many calories you need to slowly decrease your weight one to two pounds per month.
- Make sure you can stick with your new foods for life. A meal that is not satisfying will not last a lifetime.
- Start by eating fresh foods all year round.
- Eat breakfast. Include protein in this meal to help prevent overeating later on.
- Balance protein, fat and carbohydrate throughout the day.
- Eat quality and nutrient dense foods.
- Make your journey SLOW and don't expect quick changes.
- Be accountable. Keep a journal that tracks activity and food intake as well as behavior, thoughts and physical-feeling observations.
- Get help with emotional and stress eating.
- Keep moving and rev up your metabolism.
- Get support.

Focus on nutrients that are needed most in the winter:

- Vitamin D- Add fish, eggs, non-fat Vitamin D fortified milk. CardioDaily now contains 1,000 IU Vitamin D!
- Vitamin C- This antioxidant protects against illness and stress associated with the cold weather. Vitamin C is found abundantly in fresh fruits and vegetables and found in the plentiful winter citrus fruits.

Continued from Page 2

- Antioxidants and plant factors (phytochemicals) - These are found in the colorful fruits and vegetables containing illness-protecting immunity factors such as xanthin, lutein, and lycopene. The more color, the more protectors.
- Decrease sugar intake - Sugar and carbohydrate cravings are common during winter, but they decrease immunity protection, especially when they're replacing more nutrient-dense foods.

If you stray from the routine, don't give up! Get back on track the next meal – your body will thank you!

Heather Fleming, Holistic Nutritionist, Conscious Nutrition, San Diego, CA

Holistic nutritionist Heather Fleming offers several tips to all of her clients.

1. Have breakfast within one hour of waking. Choose healthy fats, not simple carbohydrates. I suggest eggs with vegetables.
2. Do not combine proteins and starches for the last meal of the day. I suggest fish, vegetables, avocado and olive oil for dinner.
3. Eat one piece of fruit daily with a healthy fat. An apple with almonds is a great snack.
4. Do not drink water with meals. Water dilutes the enzymes and acids needed for digestion. Drink water 30 minutes prior to and after meals.

5. Monitor sugar grams on food labels vs. calories and fat
6. Breathe! Practice deep breathing throughout the entire day, stretch, and add fun cardiovascular activities.

Fleming recommends the following “power foods:” avocados, extra virgin olive oil, almonds and all vegetables.

**Glenna Moe, MS, RD
www.foodsthatheal.net**

Glenna Moe, MS, RD developed the “Nutrition Risk Factor Assessment” that appears on the preceding pages. She recommends all patients follow her “Simple Diet.” Its rules:

1. Eat three meals per day. Limit snacks to fresh fruit or veggies.
2. Eat heavier meals for breakfast and lunch with a lighter meal for dinner.
3. Eat a healthy protein choice at each meal.

Moe loves the ease of “The Simple Diet” and tells patients that “it is the only diet book they’ll ever need and it even comes complete with recipes!” Moe’s Nutrition Risk Factor Assessment is located on pages 3 and 4 of this newsletter.

All four nutrition professionals can be reached by emailing info@cardiotabs.com.

DHA AND EPA CONTENT IN FISH AND FISH OILS: **CardioTabs Omega-3 Used in Clinical Trial**

The cardiologists at CardioTabs developed our CardioTabs Omega-3 Fish Oil to have a DHA:EPA ratio similar to that of oily fish. Researchers from the AJCN article said CardioTabs Omega-3 Fish Oil “was chosen because its fatty acid composition is more reflective of that of salmon and tuna (i.e., it is DHA rich) than is that of most supplements, which typically are EPA rich.”

Where to Find Us

CardioTabs will be exhibiting at the following conferences in 2008. Please plan to stop by our booth for samples and the latest information. We'd love to meet you! If you have another event where you think we should be, please email michelle@cardiotabs.com.

- California Society for Cardiac Rehabilitation :**
March 14-16, Redondo Beach, CA
- SCAN Sports, Cardiovascular and Wellness Practice Group of the ADA:** April 11-14, Boston, MA
- Preventive Cardiology 2008: A Checklist for the Primary Care Physician –** April 4-5, Kansas City, MO
- Cardiometabolic Health Congress:**
October 15-18; Boston, MA
- American Osteopathic Association :**
October 26-30, Las Vegas, NV
- Scientific Sessions of the American Heart Association:**
November 9-12, New Orleans, LA

IS YOUR DIET MAKING YOU SICK?

Take this quiz to see if you are at risk for heart disease, diabetes, cancers and other diseases due to the food you eat. Choose the box that best represents your eating habits. Write the number from that box in the last column on the far right. At the end of the quiz total the numbers in the last column. Your disease risk and recommended action follows.

EATING HABITS	HIGH RISK	MODERATE RISK	SLIGHT RISK	GOAL	RISK POINTS
Foods to Decrease in Your Diet					
Refined Carbohydrates- breads, pastas, white rice, sugared cereals, breakfast bars, sweetened drinks, processed potatoes, snacks or sweets, high fructose corn syrup, fructose, corn syrup, sugars	Daily intake of refined carbohydrates 6 points	Intake of refined carbohydrates < 7 times /wk 4 points	Intake of refined carbohydrates ≤ 4 times /wk 2 points	Intake of refined carbohydrates ≤ 2 times /wk 0 points	_____
Trans-fat- foods containing partially hydrogenated oils; chips, fast foods, fried foods, bakery goods, snacks, cookies, cakes, etc	Daily intake of foods containing partially hydrogenated oils 6 points	Intake of foods containing partially hydrogenated oils < 7 times /wk 4 points	Intake of foods containing partially hydrogenated oils ≤ 4 times /wk 2 points	Intake of foods containing partially hydrogenated oils ≤ 2 times /wk 0 points	_____
Saturated Fat- beef, pork, processed meat products, egg yolks, butter, sour cream, ice cream, cheese, full fat milk, yogurt or other dairy products	Daily intake of saturated fats 6 points	Intake of saturated fats < 7 times /wk 4 points	Intake of saturated fats ≥ 4 times/wk 2 points	Intake of saturated fats 0-3 times/wk 0 points	_____
Sodium- table salt, salty snacks, soups, canned or packaged mixes, frozen meals, fresh meats injected with salt	Liberal sodium intake 6 points	Reduced table salt Reduced salty snacks 4 points	No added table salt Few salty snacks Reduced processed foods 2 points	Limit sodium to < 2000 mgs/day 0 points	_____
Unhealthy fluids- coffee, energy drinks, soft drinks	No control over fluid intake 6 points	Limit caffeine to 2 cups/day No sweetened drinks No other control over fluid intake 4 points	Limit caffeine to 2 cups/day No sweetened drinks Limit soft drinks to 1/day 2 points	Limit caffeine to 2 cups/day No Sweetened drinks No soft drinks 0 points	_____
Alcohol (1oz liquor, 4 oz. Wine, 1 beer)	≥5 drinks/day (men) ≥4 drinks/day (women) 6 points	4 drinks/day (men) 3 drinks/day (women) 4 points	3 drinks/day (men) 2 drinks/day (women) 2 points	0-2 drinks/day (men) 0-1 drinks/day (women) 0 points	_____

Continued on next page (opposite side).

EATING HABITS	HIGH RISK	MODERATE RISK	SLIGHT RISK	GOAL	RISK POINTS
Foods to Decrease in Your Diet					
Food Frequency and Quantity- Large meals, large portions and unhealthy snacks	No control of food frequency and/or quantity	Eat 3 meals per day No control over snacks	Eat 3 meals per day Limit snacks	Eat 3 meals per day using portion control Usually choose healthy snacks- fruits, veggies and limit quantity	0 points
	6 points	4 points	2 points		_____
Weight Ht _____ Wt _____ BMI _____	BMI \geq 31	BMI 28-30	BMI 26-27	BMI \leq 25	
	Wt _____ 6 points	Wt _____ 4 points	Wt. _____ 2 points	Wt. _____ 0 points	_____
Foods to Incorporate into Your Diet					
Complex Carbohydrates- steel cut oats, 100% whole wheat breads, brown rice, beans, legumes, 100% whole wheat pastas, 100% whole grain cereals	No intake of 100% whole grain carbohydrates	Intake of 100% whole grain carbohydrates \geq 3 servings/wk	Intake of 100% whole grain carbohydrates \geq 7 servings/wk	Intake of 100% whole grain carbohydrates 1-3 servings/day	0 points
	6 points	4 points	2 points		_____
Mono-unsaturated fats- olive oil, avocados, nuts and seeds	No intake of mono-unsaturated fats	Intake of mono-unsaturated fats \geq 2 times/wk	Intake of mono-unsaturated fats \geq 4 times/wk	Intake of mono-unsaturated fats 5-7 times/wk	0 points
	6 points	4 points	2 points		_____
Fruits and Vegetables from 4 color groups- blue-purple, red, orange, green	Intake of fruits & veggies $<$ 7 times /wk	Intake of fruits & veggies daily with color variety	Intake of fruits & veggies \geq 5 daily with color variety	Intake of fruits & veggies \geq 6-9 daily with color variety	0 points
	6 points	4 points	2 points		_____
Fish or fish oil- salmon, tuna, fin-fish or fish oil capsule	No intake of fish or fish oil	Intake of fish \leq twice per month	Intake of fish \leq once per week	Intake of fish \geq twice per week and/or fish oil daily	0 points
	6 points	4 points	2 points		_____
Water Tea Pomegranate Juice	Very little water	Water and/or other healthy drink \geq 8 oz./day	Water and/or other healthy drink \geq 16oz./day	Drink \geq 32 oz water per day Drink 1 cup green tea and/or $\frac{1}{4}$ c. pomegranate juice daily.	0 points
	6 points	4 points	2 points		_____
Scoring- Add points in Risk Points columns					Total Points

HOW TO SCORE:

If score is greater than 48 you are at a significant health risk. It is important that you make lifestyle changes immediately. It is highly recommended that you schedule to see your physician. Find out your cholesterol, blood sugar and blood pressure numbers. Please see a registered dietitian for on-going nutrition coaching. Also schedule an appointment with an exercise specialist to begin a safe exercise routine. Use "The Simple Diet" as your guide to healthful eating.

If your score is 28-46 you are at a moderate health risk. It is important that you make lifestyle changes now to fend off disease progression. It is recommended that you schedule to see your physician. Find out your cholesterol, blood sugar and blood pressure numbers. See a registered dietitian for a nutrition assessment. Begin a safe exercise routine. Use "The Simple Diet" as your guide to healthful eating. If your score is 14-26 you are at a slight health risk. There are many options for improving your health. Nutrition and exercise classes are a good choice. Find out your cholesterol, blood sugar and blood pressure numbers.

If your score is $<$ 12 you are doing a good job. Keep up the good work. If you have questions about how to choose healthy foods contact a nutrition expert.