

Keys to a Healthy Heart

By [Maggie Jaqua](#) - January 23, 2020



On the manufacturer side, Shaheen Majeed, President Worldwide of Sabinsa (owner of and manufacturer for America's Finest, Inc. and Sanutra), adds that two ingredient-specific formulas can be found with the AFI label, and a comprehensive cardio and cholesterol support formula in its Sanutra line: AFI Silbinol offers 450 mg of Indian Kino Tree (*Pterocarpus marsupium*) extract, providing 22.5 mg of Pterostilbene per vegetarian capsule. Majeed says pterostilbene is an antioxidant compound, chemically similar to resveratrol, but more bioavailable and efficacious, and is also recognized for reducing LDL cholesterol in numerous clinical studies. AFI Gugulipid Plus LactoSpore offers 1,000 mg of Gugulipid Guggul (*Commiphora mukul*) Gum Resin Extract providing 25 mg of Guggulsterones, plus 100 million

CFUs of LactoSpore *Bacillus coagulans* probiotic per caplet. He adds that Guggul, a tree native to India, has a long history of use in Ayurveda for a variety of ailments. "PubMed cites over 450 publications on the plant alone, and over 200 on its major compound, guggulsterone. Multiple clinical studies in India report of its cholesterol-reducing effects, and a publication in the journal *Science* reported its mechanism of action as guggulsterone targets and blocks the activity of the Farnesoid X Receptor (FXR). FXR is involved in regulation of cholesterol by monitoring levels of bile acids, which are produced from cholesterol and released by the liver." And finally the Sanutra Cardio & Cholesterol Support Formula provides: 400 mg Slow Release Niacin; 300 mg of Gugulipid Guggula (*Commiphora mukul*) Gum Resin Extract providing 15 mg of Guggulsterones; 100 mg Arjuna (*Terminalia arjuna*) Bark Extract providing .5 mg of Arjunolic Acid; 20 mg of Sugarcane (*Saccharum officinarum*) Wax (Policosanol) providing 12 mg of Octacosanol; and 5 mg BioPerine Black Pepper (*Piper nigrum*) Fruit Extract providing 4.75 mg Piperine in a sustained-release, bi-layer technology caplet. "Niacin, Gugulipid, Arjuna, and Policosanol support heart function and help maintain cholesterol levels that are already within normal range. BioPerine improves the absorption of the four active compounds."

Also discussing the power of herbs: "Pterostilbene, the active ingredient of Sabinsa's Silbinol range of products, is a well-known antioxidant supplement for cardiovascular health made from the heartwood of *Pterocarpus marsupium*, also known as the Indian Kino Tree," says Dr. N. Kalyanam, President R&D for Sami-Sabinsa Group. "A study was collaboratively published last year by Sabinsa researchers and academic scientists from Taiwan and China on the prevention of atherosclerosis promoted by toxins such as Trimethylamine-N-Oxide and the ability of Silbinol to promote beneficial microbiota in this context (9). Sabinsa scientists also published on ameliorating effects of Pterostilbene on cardiac hypertrophy and hypertension (10)."

Two additional antioxidant ingredients known for cardiovascular support that Sabinsa offers include: Resvenox, a natural 95% resveratrol from *Polygonum cuspidatum*, or knotweed, and Sabeet, a standardized extract from *Beta vulgaris*, also known as beetroot, says Dr. Kalyanam. And for cholesterol management, Dr. Kalyanam points to Gugulipid, a product made from guggul (*Commiphora mukul*). Fiber-rich products such as Fenufiber from fenugreek seed, he adds, also have demonstrated applications for heart health benefits.