



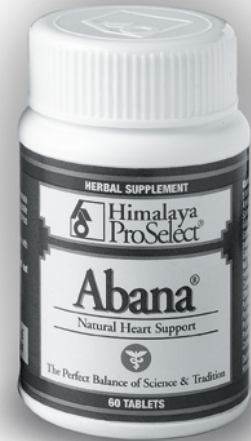
Abana®

Natural Heart Support

§ PRODUCT DESCRIPTION

Abana® is a cardiac tonic that supports the heart function. It helps regulate blood pressure and maintains the balance between supply and demand of myocardial oxygen. A wide range of individuals can benefit from taking **Abana®** daily as a dietary supplement, including: smokers, overweight people, people who consume high-fat diets, and people who lead a stressful life.

The health benefits of **Abana®** are derived from at least three different modes of action. First, **Abana®** regulates lipid metabolism by increasing the protective HDL-cholesterol while lowering both total and bad LDL-cholesterol. Second, **Abana®** reduces platelet adhesion. Third, **Abana®** supports the heart indirectly by helping people overcome nervousness and anxiety. It is known, indeed, that stresses of modern life, tension, anxieties and frustrations are all factors affecting the heart's health. With proven effect at all the above levels, this formula very effectively helps maintain a normal cardiac function.



§ MAIN INGREDIENTS

Himalaya ProSelect® formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- § **Arjuna** (*Terminalia arjuna*) - Tonic for heart and liver. Regulates blood pressure, heart rate and lipid metabolism. Free radical scavenger.
- § **Billilotan** (*Nepeta hindostana*) - Supports various cardiovascular metabolisms.
- § **Ashwagandha** (*Withania somnifera*) - Indian Ginseng - known for its adaptogenic and rejuvenative effect.
- § **Guggul** (*Commiphora mukul*) - Regulates cholesterol and triglyceride levels.
- § **Boerhaavia** (*Boerhaavia diffusa*) - Supports the urinary tract.
- § **Gotu-kola** (*Centella asiatica*) - Famous for improving memory and attention as well as maintaining microvascular integrity.
- § **Amalaki - Indian Gooseberry** (*Emblica officinalis*) - High in natural Vitamin C, used as a cardiovascular tonic and as an effective support for stomach function.
- § **Licorice** (*Glycyrrhiza glabra*) - Rich in flavonoids (antioxidants).
- § **Musk root** (*Nardostachys jatamansi*) - Valerian-like nervine tonic used to calm the mind.
- § **Haitaki** (*Terminalia chebula*) - A safe, effective digestive tonic and adaptogen.
- § **Guduchi** (*Tinospora cordifolia*) - Helps build the body's immune resistance.
- § **Indian Long Pepper** (*Piper longum*) - Stimulant for the digestive and respiratory systems.



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§ R E C O M M E N D E D D O S A G E

Presentation: 60 Tablets

Directions for Tablets: Take 1 tablet twice daily, preferably with meals.

Caution: Keep out of direct light and reach of children.

The use of natural products provides progressive but long-lasting results. Allow several weeks for full benefits.

§ K E Y R E S E A R C H

Support of the cardiac function is a complex phenomenon. Several hormones and biogenic amines are known to influence the mechanism of cardiac function. Excessive secretion of histamine has been reported to trigger the secretion of norepinephrine. In a study of the circulating levels of histamine published in Current Medical Practice (1988): 5,115, two weeks of **Abana®** use brought about a marked reduction in those levels.

One of the most important mechanisms involved in maintaining a healthy heart function is linked to lipid concentration. The effect of **Abana®** on lipids has been thoroughly researched and results have been published in Alternative Medicine Zurich, Switzerland, (1986): 3, 241. **Abana®** was shown to exert a significant influence on lipid metabolism: reduction of total lipids, serum triglycerides and serum cholesterol.

In another placebo-controlled study published in Alternative Medicine (1990): 3, 139., **Abana®** was found to increase the levels of HDL-cholesterol – the “good” cholesterol that has a protective effect by mobilizing cholesterol from tissue and returning it to the liver.

§ O U R D E D I C A T I O N T O S C I E N C E A N D Q U A L I T Y

We are dedicated to providing safe and effective natural health products that help “defy aging” and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All **Himalaya ProSelect®** formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and “fingerprinted” for consistency by the most sophisticated chromatographic quality control techniques.

§ O U R G U A R A N T E E

At **Himalaya USA®**, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 200,000 health professionals. We unconditionally guarantee our “Natural Heart Support Formula” for your complete satisfaction.

Monarch
ESSENTIALS

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These statements have not been evaluated by the FDA.
This product and the information provided are not intended to diagnose, treat, cure,
or in any way replace qualified medical supervision.

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