

THE FLOW OF LIFE

Take the natural route to healthy blood with Fruitflow + Omega-3

Sadly, about once every five minutes, someone in the UK suffers a stroke, most commonly caused by a blockage in the blood flow to the brain. These days people are having strokes earlier in life, and 1 in 4 strokes now happen to people of working age, meaning strokes are no longer just a problem for the elderly, but something everyone needs to be aware of and guard against. This is especially true for women – 1 in 5 have a stroke in their lifetime, compared to 1 in 6 men. So how can we protect against stroke?

We often hear about the importance of cholesterol and blood pressure, but we don't always consider our blood flow. Yet blood flow is regarded as the third pillar of cardiovascular health. Keeping your blood circulating efficiently is essential to overall physical wellbeing, and one way you can help to ensure this is by taking Fruitflow + Omega-3, the first 100 per cent natural supplement that is scientifically proven to help maintain healthy blood flow.

How does Fruitflow + Omega-3 work?

There's a lot more to blood than meets the eye. This vital red liquid contains millions of tiny platelets, which help it clot when you suffer a cut or injury. However, everyday life can make these platelets spiky and more likely to stick together, leading to clots which can cause strokes – in fact, blood clots are responsible for 85 per cent of strokes.



Fruitflow + Omega-3 combats unwanted blood clots by helping maintain normal platelet aggregation, so they won't stick together when they're not supposed to. And it does this without side-effects and won't prevent the normal clotting of blood when it *is* required.

What causes sticky blood?

Among the many everyday risk factors are poor diet, inactivity, stress and conditions such as diabetes. Ageing is another significant factor, with platelets naturally becoming stickier after the age of 40. Hormones are a major contributor to the risk of stroke in women of all ages,

due to their effects on blood platelets and coagulation. For all women, blood platelets are stickier mid-menstrual cycle. For women who take HRT or a contraceptive pill, this stickiness lasts longer, while for those who are pregnant – or have recently had a baby – the trend is much more marked.

By taking one Fruitflow + Omega-3 capsule daily, women over 40 who have no existing cardiovascular problems can maintain healthy blood platelets, reducing the risk of strokes and heart attacks without medication. So try Fruitflow + Omega-3 today, for the natural way to keep your blood flowing smoothly throughout your life.



fruitflow®
+ omega-3



supports **healthy blood flow** and **normal heart function**

{ Fruitflow + Omega-3 is available in selected Holland & Barrett stores and online at hollandandbarrett.com }

Fruitflow Omega-3 is for healthy adults who are looking to support their cardiovascular health without medication. It is not medication.