

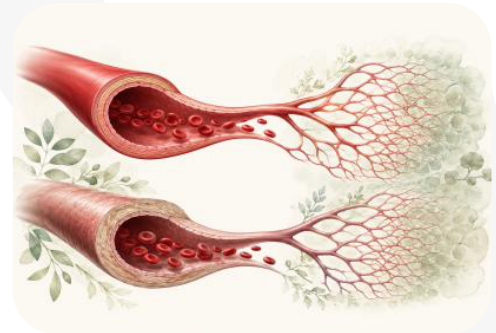
HEALTHY AGING**Why Blood Flow Matters as We Age**

How everyday habits—and Heartdrops®—can support cardiovascular and peripheral circulation health.

The short answer: Circulation changes with age, but age is only part of the story. Movement, blood pressure, cholesterol, smoking, diabetes, hydration and other health factors all influence how well the heart and blood vessels do their work.

BLOOD FLOW IS THE BODY'S DELIVERY AND CLEAN-UP SYSTEM

Every cell depends on a steady supply of oxygen and nutrients. Blood carries both through arteries and smaller vessels to the tissues. In the capillaries—the body's tiniest blood vessels—oxygen and nutrients move into cells, while carbon dioxide and other wastes move back into the bloodstream for removal.



That circulation supports the brain as it thinks, the muscles as they move, the kidneys as they filter, and the skin and other tissues as they maintain and repair themselves. Blood flow is not a stand-alone measure of health, but healthy circulation is fundamental to normal organ and tissue function.

WHAT CHANGES WITH AGE?

Aging does not automatically mean that the body is starved of blood. In a generally healthy older adult, the heart usually continues to supply the body at rest. The differences are often most noticeable when the circulatory system is asked to work harder—during physical exertion, illness, injury or stress.

- Arteries become less elastic. The aorta and other arteries tend to thicken and stiffen over time. Less flexible vessels can contribute to higher blood pressure and make the heart work harder.
- The heart fills more slowly. The heart wall may thicken with age, while the chambers may hold somewhat less blood and take longer to fill between beats.
- Exchange in the smallest vessels can slow. Capillary walls may thicken slightly, which can slow the exchange of oxygen, nutrients and wastes between blood and tissues. This is more precise than saying that everyone simply “loses” their capillaries with age.
- Blood volume may decline modestly. Total body water generally decreases with age. With less fluid in the bloodstream, blood volume can also decrease.

HEALTHY AGING

Why Blood Flow Matters as We Age**THE WHOLE-BODY CONNECTION****Arteries**

Deliver oxygen-rich blood throughout the body.

Organs and muscles

Rely on steady circulation to function.

Movement

Helps return blood from the legs to the heart.

Together, the heart, blood vessels, lungs, kidneys and muscles help regulate where blood flows and how efficiently oxygen and nutrients reach the tissues.

BLOOD FLOW THROUGHOUT THE BODY

How circulation supports major organs and tissues

**ARTERIES**

Plaque and stiffness can restrict blood flow.

**LUNGS**

Add oxygen to blood. Remove carbon dioxide.

**BRAIN**

Interrupted blood flow can cause a stroke.

**LIVER**

Processes nutrients and filters blood.

**HEART**

Coronary blood flow feeds heart muscle.

**MUSCLES**

Need oxygen-rich blood during activity.

**KIDNEYS**

Healthy pressure and flow support normal filtering.

**LEGS + VEINS**

Movement limits pooling and swelling.

Healthy circulation supports oxygen delivery, nourishment and waste removal.

WHY HEALTHY CIRCULATION MATTERS**Brain health**

Steady blood flow supplies the brain with oxygen and nutrients. Protecting vascular health helps reduce the risk of stroke and vascular injury.

Movement, stamina and comfort

Active muscles require oxygen-rich blood. Regular movement also helps return blood from the legs and reduces prolonged pooling.

Kidney and tissue health

The kidneys depend on healthy blood pressure and circulation to filter the blood. Adequate blood flow also supports normal tissue maintenance and healing.

HEALTHY AGING

Why Blood Flow Matters as We Age**FIVE PRACTICAL WAYS TO SUPPORT HEALTHY BLOOD FLOW**

- **Move most days.** Aim for regular aerobic activity, such as brisk walking, along with strength and balance work appropriate to your abilities.
- **Know your numbers.** Have your blood pressure checked. High blood pressure often has no symptoms.
- **Eat for cardiovascular health.** Emphasize vegetables, fruit, whole grains, legumes, nuts and other fibre-rich foods; limit excess sodium, saturated fat and highly processed foods.
- **Stay appropriately hydrated.** Drink regularly, especially during heat and activity, unless a health professional has given you a fluid restriction for a heart, kidney or other condition.
- **Avoid smoking and prolonged sitting.** Tobacco damages blood vessels. Breaking up long periods of sitting with brief movement gives the muscles and circulatory system regular work to do.

WHERE HEARTDROPS® MAY FIT

Heartdrops® combines concentrated aged garlic with seven complementary herbs in a liquid formula.

Heartdrops® is a liquid herbal formula authorized for sale by Health Canada (NPN 80030089). It is used in Herbal Medicine to help maintain cardiovascular health, help reduce elevated blood lipid levels (hyperlipidemia) in adults and to help support peripheral circulation.

Heartdrops® is intended to complement—not replace healthy movement, nutrition, hydration and appropriate cardiovascular care. Always use it according to the label.

HEALTHY AGING
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HOW STRAUSS HEARTDROPS INGREDIENTS WORK TOGETHER SYNERGISTICALLY

Medicinal ingredient	Amount per mL	How Each Herb Contributes
Aged Garlic Bulb	435.5 mg	Helps maintain cardiovascular health and helps reduce elevated blood lipid levels in adults.
Hawthorn fruit	35.8 mg	An antioxidant-rich traditional heart tonic that supports cardiovascular function.
European Mistletoe Leaf	17.9 mg	Traditionally used to support circulation and healthy vascular tone.
Motherwort Herb Top	3.1 mg	Traditionally used for nervous heart complaints, including occasional palpitations.
Cayenne Fruit	2.4 mg	Traditionally used to support peripheral circulation—blood flow to the hands, feet and limbs.
Hawthorn Leaf & Flower	2.1 mg	Traditionally used as a cardiotonic to support heart function and circulation.
Bilberry leaf	1.9 mg	Traditionally associated with healthy capillaries and small-vessel circulation.
White Willow Bark	1.3 mg	A natural source of salicin, traditionally associated with pain and inflammatory relief.

Amounts and authorized product uses are based on the Canadian Heartdrops® label (NPN 80030089). Traditional-role language is provided for education and formula context.

LEARN MORE ABOUT STRAUSS HEARTDROPS®

Explore ingredients, recommended use and complete label information at

Canada: straussnaturals.ca/products/strauss-heartdrops

USA: <https://straussnaturals.com/>

SOURCES

1. MedlinePlus: Aging changes in the heart and blood vessels
2. MedlinePlus: Aging changes in the kidneys and bladder
3. American Heart Association: Recommendations for Physical Activity in Adults
4. Strauss Naturals Canada: Strauss Heartdrops® product information and label directions