



ADOPT HEALTHY LIFESTYLE HABITS FOR A STRONG, HEALTHY HEART!



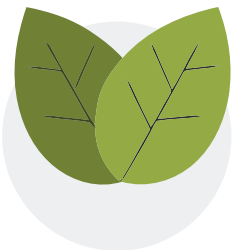
Healthy diet²
(fruits & vegetables with
Mediterranean accent)
to reduce CV risk



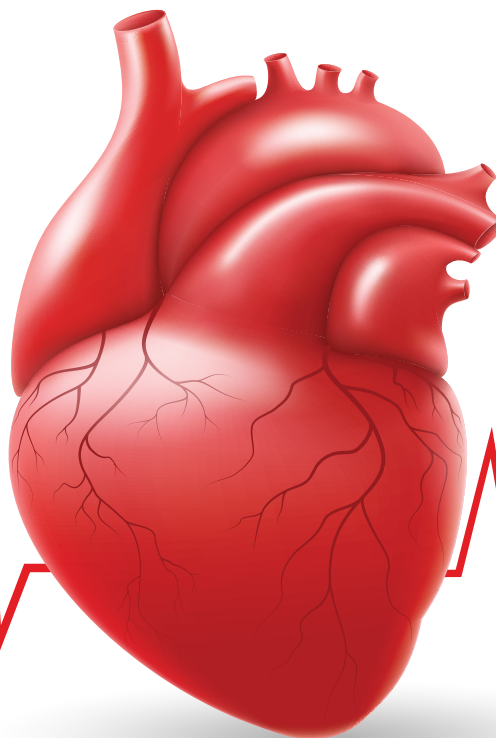
Healthy weight²
(BMI 18-25 to $<30\text{kg/m}^2$
or WC $<88\text{ cm}$ in women
and $<102\text{ cm}$ in men)



**150 minutes of
moderate to intense
exercise per week²**



**2 grams
of phytosterols²**



**Alcohol — less
is better¹ &
tobacco cessation²**

**Adequate
sleep time²**
(6-8 hours/night)



CV: Cardiovascular, BMI: Body Mass Index, WC: Waist circumference.

1. Canadian Centre on Substance Use and Addiction, 2023. <https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf>

2. Pearson GJ, et al. 2021 CCS Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult. CJC. 2021;0(0).doi10.1016/j.cjca.2021.03.016.

Why Cardiosmile?

Cardiosmile is a nutritional supplement used **in addition to lifestyle interventions** and **as an add-on option to statins** in patients who require **further lipid lowering**, in both **primary and secondary prevention**.

LDL-C: **-12%***
TG: **-14%***
HDL-C: **+3%***
Non-HDL: **-11%***

Who is Cardiosmile for?

PRIMARY PREVENTION

- Adults with borderline or elevated LDL-C despite lifestyle changes
- Patients at intermediate cardiovascular risk (Framingham score 10–19%)

SECONDARY PREVENTION

- High-risk patients on pharmacotherapy who have not achieved LDL-C targets
- Patients with familial hypercholesterolemia, as adjunct therapy

SPECIAL SITUATIONS

- Patients intolerant to statins or unable to increase the dose



Lactose free



No sugar added



Easy to take



Gluten free



Plant-based



Clinically tested*

Where to find it?

Ask your pharmacist! Although available without a prescription, this product is stored in the pharmacy's laboratory. If it's not in stock, it can be ordered and delivered quickly!

Accès Pharma
(Walmart) - 50419481
Brunet - 42321501
Costco - 168568
Familiprix - 207213
Jean Coutu - 753058

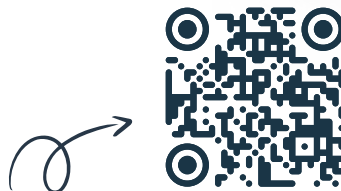
Kohl & Frisch - 168568
Matrix - 21735031
McKesson - 186828
PharmaChoice - 186828
PharmaPlus - 412095
Pharmaprix - 21735031

Proxim - 186828
Shopper's Drug Mart
- 21735031
Uniprix - 186828



* Shaghghi and al. (2014). J. Funct. Food, 280-289.

For any additional information or questions about Cardiosmile, visit



cardiosmile.ca