

Home
Search
Alternative Medicine
Stress Management
Conditions/Treatments
Preferred Providers
Holistic Living
Guest Book
Alternative Therapies
Acupuncture
Aromatherapy
Ayurveda
Biofeedback
Chelation Therapy
Herbal Medicine
Homeopathy
Humor Therapy
Hydrotherapy
Imagery
Light Therapy
Massage
Meditation
NLP
Nutrition
Prayer/Spiritual
Reiki
Shiatsu
Yoga
FAQ (Health)

Heart Attack (Myocardial Infarction)

Vitamin/Nutritional Supplements for Heart Attack

If you had a recent heart attack, consult your doctor before taking any nutritional supplementation.

Prevention of angina and heart attacks are enhanced with supplementation when used in conjunction with guidelines concerning diet and lifestyle (both plenty of rest and physical activity). Several important nutrients for heart attack and heart health are described below.

Magnesium: Magnesium is found to be low in those who have suffered heart attacks when spasms of the arteries are at fault. Those experiencing irregular heart rhythms should also be helped by magnesium.

The green food supplements rich in chlorophyll, such as barley grass or wheatgrass, also contain magnesium in a natural and highly assimilable form.

Coenzyme Q10: Co Q10 increases oxygen supply to the heart and has been implemented against coronary heart problems. See Also: [Benefits of Co Enzyme Q-10 Supplementation in Cardiovascular Health](#)

Vitamin E: A powerful antioxidant that improves circulation and thins the blood, reducing the risk of clots. It helps reduce cholesterol and saturated fat that clog arteries. It also helps to minimize scarring after a heart attack. Use d-alpha-tocopherol form.

Note: If you take prescription blood-thinners, consult your doctor before taking supplemental vitamin E.

Vitamin C: Fights arteriosclerosis, protects the artery walls and hinders clotting. [More details.](#)

Selenium: Selenium is an important antioxidant that helps protect from heart attacks. [More details.](#)

Chromium: Chromium supplementation raises HDL and helps protect against heart attack. [More details.](#)

Copper: Excess copper may contribute to heart attack risk. [More](#)

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Iron: One Finnish study showed that iron may increase the risk of heart attack. Several American studies showed no correlation between iron and heart attack risk. Experts recommend that you take iron supplementation only if you are suffering from iron deficiency and anemia. [More details.](#)

Grape Seed Extract: A powerful antioxidant. Reduces the clotting tendency of the blood. Best used in combination with lecithin.

Chinese red yeast rice extract: Promotes blood circulation and regulates cholesterol levels.

Alpha-lipoic acid: An antioxidant that lowers LDL levels.

Alpha-linolenic acid (ALA): An omega-3 fatty acid. ALA was found to lower the risk of a fatal heart attack by over one-third in a clinical trial.

Inositol hexaphosphate (IP6): Protects the heart by preventing blood clots and reducing cholesterol and triglyceride levels.

L-Arginine: An amino acid that boosts production of nitric oxide, which dilates the arteries to allow better blood flow.

Lecithin: Contains choline and inositol, important parts of the vitamin B complex. Aids in lowering cholesterol levels.

Potassium: Needed to maintain regular heart rhythm. Lowers cholesterol.

S-Adenosylmethionine (SAME): A natural antidepressant. Also lowers homocysteine levels. Make sure that you maintain a correct balance of vitamins B6 and B12 and folic acid when you take SAME.

Folic acid with Vitamin B6 and B12: Lower homocysteine levels. Deficiency of folic acid in the heart muscle leads to heart disease. Low folate levels may be more dangerous than high cholesterol for people with heart disease.

Note: If you take anticonvulsant medication for epilepsy, do not exceed 400 mcg of folic acid per day from all sources, as it may induce seizures.

Chromium: Helps raise levels of HDL ("good cholesterol").

Garlic: Beneficial for the heart, promotes circulation, and aids in reducing high blood pressure.

Glucosamine: Plays an important role in the formation of heart valves.

Daily Dosages:

Magnesium, 250 mg three times daily

Coenzyme Q10, 50 mg three times daily

Vitamin E, with mixed tocopherols, 400 IU

Vitamin C, with bioflavonoids, 1,000 mg three times daily

Grape seed extract - 150-300 mg daily

Vitamin B3 (niacin) - 50 mg daily.

Vitamin B6 (pyridoxine) - 50 mg daily.

Vitamin B12 - 1,000-2,000 mcg daily.

Folic acid - 400 mcg daily.

Note: If you take anticonvulsant medication for epilepsy, do not exceed 400 mcg of folic acid per day from all sources, as it may induce seizures.

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