

Take Heart II without Hormones

Take Heart II is a comprehensive blend of nutrients designed to support general nutrition, ATP (adenosine triphosphate) production, homocysteine metabolism, and antioxidant function.* This proprietary blend of nutrients is available at a fraction of the cost of all of these nutrients taken separately - all in a convenient powder form.

Suggested Use

As a dietary supplement, 1 level scoop one or two times daily, mixed with desired liquid, or as directed by a healthcare practitioner.

Variations in product color may occur. Keep in a cool, dry place, tightly capped. Product is sold by weight, not volume. Some settling may occur.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Formulated exclusively for
Allergy Research Group®
Alameda, CA, 94502
www.allergyresearchgroup.com
Phone: 510.263.2000

Rev. 004

AllergyResearchGroup®

Take Heart II without Hormones

*Total Cardiovascular Nutrient Support**



dietary supplement
300 grams (10.6 oz.)

Supplement Facts

Serving Size 1 Scoop (20 g)
Servings Per Container 15

Amount Per Serving	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 50	Folic Acid 320 mcg	80%	Inositol 50 mg	†	N-Acetyl-L-Cysteine 200 mg	†
Calories from Fat 30	Vitamin B12 (as Cyanocobalamin) 80 mcg	1330%	Choline 50 mg	†	Glutathione 100 mg	†
	Biotin 240 mcg	80%	Para-Aminobenzoic Acid (PABA) 20 mg	†	Pancreatin 10 mg	†
	Pantothenic Acid 100 mg	1000%	Soy Lecithin (26% Phosphatidylcholine) 500 mg	†	Papain 16 mg	†
Total Fat 3 g	Calcium (as Calcium Citrate / Gluconate) 280 mg	28%	L-Alanine 30 mg	†	Bromelain 20 mg	†
Saturated Fat 0.4 g	Magnesium (as Magnesium Glycinate / Gluconate) 160 mg	40%	L-Arginine 480 mg	†	Grape Skin Extract 200 mg	†
Cholesterol 8 mg	Zinc (as Zinc Arginate) 12 mg	80%	L-Aspartic Acid 85 mg	†	Hawthorn Berry Extract 200 mg	†
Total Carbohydrates 4 g	Selenium (as Sodium Selenite / Selenomethionine) 80 mcg	115%	L-Carnitine 200 mg	†	Garlic (1% Allicin) 100 mg	†
Dietary Fiber 1.5 g	Copper (as Copper Glycinate) 800 mcg	40%	L-Cystine 10 mg	†	Lutein 2 mg	†
Sugars 1.5 g	Manganese (as Manganese Glycinate) 1 mg	50%	L-Glutamine 600 mg	†	Lycopene 400 mcg	†
Protein 1 g	Chromium (as Chromium Polynicotinate) 160 mcg	130%	Glycine 30 mg	†	Tocotrienols 20 mg	†
Vitamin A (as Beta-Carotene) 2000 IU	Molybdenum (as Sodium Molybdate) 40 mcg	53%	L-Histidine 20 mg	†	Trimethylglycine 200 mg	†
Vitamin C (as Ascorbic Acid) 500 mg	Potassium (as Potassium Gluconate) 40 mg	1%	L-Isoleucine 35 mg	†	Methylsulfonylmethane 80 mg	†
Vitamin D3 (as Cholecalciferol) 100 IU	Boron (as Boron Citrate) 0.4 mg	†	L-Leucine 60 mg	†	Eicosapentaenoic Acid (EPA) 145 mg	†
Vitamin E (as D-alpha-Tocopherol) 320 IU	Vanadium (as Vanadium Pentoxide) 80 mcg	†	L-Lysine 45 mg	†	Docosahexaenoic Acid (DHA) 95 mg	†
Vitamin K1 (as Phytonadione) 80 mcg	Alpha-Carotene 8 mg	†	L-Methionine 160 mg	†	Gamma-Linolenic Acid 90 mg	†
	Coenzyme Q10 60 mg	†	L-Omnithine 200 mg	†	Linolenic Acid 220 mg	†
Thiamine (as Thiamine Hydrochloride) 30 mg			L-Phenylalanine 38 mg	†	Oleic Acid 85 mg	†
Riboflavin (Vitamin B2) 30 mg			L-Proline 38 mg	†	Palmitic Acid 65 mg	†
Niacin 160 mg			L-Serine 38 mg	†	Stearic Acid 25 mg	†
Vitamin B6 (as Pyridoxine Hydrochloride) 16 mg			Taurine 500 mg	†	Flax Seed Oil 400 mg	†
			L-Threonine 28 mg	†	Lipoic Acid 30 mg	†
			L-Tyrosine 220 mg	†		
			L-Valine 40 mg	†		

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Oat bran, honey powder, rice bran, psyllium husk, apple fiber, stevia, silicon dioxide, flavoring.