

What Is Homocystine?

Homocysteine is an amino acid that's produced in the body from the amino acid methionine. While we need homocysteine for normal human growth processes, we only need small amounts. If our homocysteine levels are elevated we are high risk for heart disease. In fact, homocysteine is 40 times more accurate as a tool for predicting your risk of atherosclerosis than cholesterol. Researchers have learned that homocysteine promotes atherosclerosis by damaging the endothelium, causing inflammation.

Studies have shown that high levels of homocysteine are caused by a lack of nutrients in the diet, particularly the B vitamins: Vitamin B-6, Folic Acid and Vitamin B-12. Without these essential vitamins your body is unable to produce the enzymes necessary to remove homocysteine efficiently from your blood. Homocysteine will cause damage to your arteries when present in high concentrations.

It is hard to obtain optimum Vitamin B levels from foods alone, especially if your enzymes need higher amounts than normal to work properly. Many people need to take supplemental B vitamins to lower their homocysteine levels, reduce inflammation and prevent or diminish atherosclerosis.

Hazle Drugs' brand of "Homocysteine Support" is a unique formulation of Vitamin B-6, Folic Acid, and Vitamin B-12.

Hazle Drugs brand of "Homocysteine Support" is a useful dietary supplement for those who need to supplement their diet with the key B-vitamins and related nutrients that support homocysteine metabolism.

For more information on "Homocysteine Support" and other supplements beneficial for heart health, please contact Certified Clinical Nutritionist, Bill Spear, R.Ph.,CCN at Hazle Drugs 1 E. Broad St., Hazleton, Pa 18201 570-454-2476, www.hazle drugs.com

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