

## CILCO LIFE 36

**\$33.18**

The lack of blood flow causes serious health problems. Blood plasma is responsible for transportation of oxygen and nutrients throughout the body. Poor circulation can cause symptoms such as dizziness, tinnitus, cold hands and feet, varicose veins, swelling and pain. Poor circulation coupled with damaged veins can cause hemorrhoids which are manifest as an expansion of painful rectal veins.

The main causes of the lack of circulation are: the presence of high cholesterol, hypertension, diabetes, and stress since this can lead to clogged arteries. Daily walks are recommended in addition to a diet low in saturated fats (animal fats). Your daily intake of vegetables and Omega3 oils should increase. In cases of hemorrhoids, you should avoid becoming constipated, consume plenty of high fiber food and drink 8 to 10 glasses of water daily.



### **Amount & Instructions**

Net Content 60 Tablets

Directions Take 2 Tablets before breakfast and 2 tablets at night with water

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