



SYSTEMIC FORMULAS INC

HQ

Heart Energy

Systemic Formulas

alimentumlabs.com

1.800.445.4647

Last Revision:
September 23, 2025

HQ

Heart Energy



Cardio



Metabolism



Brain

HQ – Heart Energy is a dynamic, science-driven formula crafted to power the heart's energy systems at the cellular level. By focusing on the mitochondria, the primary site of ATP synthesis, this comprehensive blend supports optimal ATP production, enhanced cardiovascular endurance, and sustained cardiac rhythm. Designed to nourish and protect the heart, HQ – Heart Energy promotes efficient cardiac muscle function, recovery, and resilience under stress. Ideal for supporting high-demand cardiovascular function, it delivers multi-layered support for the body's most vital organ—energizing your heart from the inside out.

Health Indications

- Supports Mitochondrial Energy Production in Cardiac Cells
- Promotes Healthy Heart Rhythm and Electrical Conductivity
- Aids In Recovery After Physical or Emotional Stress
- Maintains Cardiovascular Integrity and Performance with Age
- Supports Circulatory Health and Blood Flow Dynamic

Instructions

Take 1 capsule daily, or as directed by your health care professional.

Key Ingredients

L-Carnitine

L-carnitine is a naturally occurring amino acid derivative that plays a key role in cellular energy metabolism, particularly within heart muscle cells. By facilitating the transport of fatty acids into the mitochondria, it supports the continuous production of ATP which is essential for maintaining endurance and optimal cardiac performance. Its detoxifying properties also aid in reducing metabolic waste, helping to preserve cellular integrity and promote efficient cardiovascular function under stress.

Coenzyme Q10

Coenzyme Q10 (CoQ10) is a vital compound involved in the mitochondrial electron transport chain, where it supports the conversion of nutrients into cellular energy. Its antioxidant properties help reduce oxidative stress within heart tissue, preserving mitochondrial integrity and function. By facilitating efficient ATP synthesis, CoQ10 contributes to sustained cardiac performance, promoting optimal energy availability and resilience in high-demand physiological states such as physical exertion or emotional stress.

D-Ribose

D-ribose is a naturally occurring simple sugar essential for the synthesis of ATP, the primary energy currency of cells. It supports energy recovery in cardiac tissue by replenishing depleted energy reserves, particularly after periods of stress or exertion. By enhancing the availability of fundamental energy-building blocks, D-ribose helps maintain the heart's metabolic efficiency and supports the sustained performance of high-energy-demanding cardiovascular processes.

Magnesium Malate

Magnesium malate combines the essential mineral magnesium with malic acid to enhance bioavailability and cellular uptake. Known for its role in neuromuscular stability and energy metabolism, it supports healthy muscle contraction and relaxation, including within the heart. This compound also contributes to balanced electrolyte function and mitochondrial efficiency, helping maintain rhythmic cardiac activity and promoting sustained energy production necessary for optimal cardiovascular resilience and performance.

Hawthorne Berries

Hawthorn berries are traditionally valued for their cardio-supportive properties, promoting healthy blood flow and vascular tone within the circulatory system. Rich in flavonoids and antioxidant compounds, they help protect cardiac tissue from oxidative stress while supporting efficient oxygen delivery to the heart. Their gentle toning effects on the heart muscle contribute to balanced cardiovascular function, laying a strong foundation for endurance, rhythm, and overall circulatory vitality.

Warnings/Contraindications

When taken as directed, there are no known contraindications for HQ – Heart Energy.

However, this product contains a small amount of hawthorn berries, which in large doses may increase the effects of blood-thinning medications (such as Warfarin, Coumadin®, Jantoven®, and generics), potentially enhancing their anticoagulant effect beyond prescribed levels. Please consult your healthcare provider before use if you are taking any blood thinners or have any known genetic mutations affecting blood coagulation.

****It is always recommended that you consult your practitioner prior to adding any new supplement to your regimen if you are pregnant, breastfeeding, experiencing renal failure, undergoing an organ transplant(s), managing diabetes with insulin, or are taking medication(s) for any pre-existing conditions.****

Safety

All ingredients are tested before use for:

- Pathogenic microbial contaminants
- Heavy metals and/or chemical contaminants
- Purity

Additional Information

- Gluten Free
- Non-GMO
- cGMP Facility

