



# Blood vessel disease is the second biggest killer of South Africans (after HIV/AIDS).

Your blood vessels are your body's largest organ. When they become inflamed or damaged, they become sticky, allowing fat, cholesterol and calcium deposits to build-up inside them. This leads to high blood pressure, heart attack, stroke and premature death. And even if you survive a heart attack or stroke, your mental capacity and quality of life are forever diminished.

Contrary to popular belief, the main cause of blood vessel disease is not cholesterol, but rather inflammation and damage to the blood vessels caused by years of exposure to alcohol, refined carbohydrates and molecules called AGE's (Advanced Glycation End products). AGE's are produced in foods cooked at high temperatures, such as grilled, fried or braaied foods.

Benfotiamine is a unique fat soluble form of vitamin B1, which unlike conventional vitamin B1, penetrates into the blood-vessel cells, where it prevents inflammatory damage to the blood vessels, caused by alcohol, refined carbohydrates and AGE's.

## Who should use Benfotiamine?

Benfotiamine should be used by all adults who eat grilled, fried or braaied meals, or drink 3 or more units of alcohol at one occasion (eg 3 glasses of wine or 3 beers), or eat meals rich in refined carbohydrates, such as bread, pizza, pasta etc.

**PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™**

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