



**AF-8®**

Sold in over  
20 countries  
around the world!

# Help Support or Maintain a Healthy Lifestyle with AF-8®



A food supplement  
of natural Amino  
Acids and Vitamins.

*Reap the benefits with just  
one scoop a day!*



**SALUTEM®**  
SUPPLEMENTS

[www.af-8.com](http://www.af-8.com)



## Product Information

AF-8® is a natural all-purpose L-Arginine-rich dietary food supplement, which also contains, L-Citrulline, Vitamin C, Beetroot Extract, Grape Seed Extract, Resveratrol Extract, Vitamin K2 and Vitamin D3. AF-8 helps the body improve and support the well-being of the cardiovascular system. A healthy cardiovascular system can have positive effects upon a wide range of ailments and studies have shown that ingredients contained within AF-8 have a multitude of benefits to an individual's health.

## Product Creation

The Amino Acids and Vitamins used in AF-8 have been painstakingly chosen, assessed, balanced and blended in a proprietary powdered food supplement drink mix to provide maximum benefit to the cardiovascular system in one daily 10g scoop, mixed to taste in water. Grounded science has established the synergistic relationship between the L-Arginine and the L-Citrulline. The dosage of Vitamins C, D3 and K2 are specific and added due to their scientifically proven benefits and for how they work together with the rest of the formulation ingredients. The use of Grape Seed Extract, Beetroot and Resveratrol are for good reason – their awesome antioxidant properties. There is nothing in AF-8 that need not be there and there is nothing in AF-8 that does not contribute to the greatness of the product. Salutem Supplement customers tell us so.

From hair loss, to high blood pressure, from eczema to psoriasis, from varicose veins to tiredness and from rashes and headaches to menopausal hot flushes – customers are telling us AF-8 works in improving ailments and making them feel better.

Launched in 2017 – AF-8 is now available in over 20 countries around the world!

The ingredients in AF-8 could play an important role in improving the health of the cardiovascular system thus preventing and reducing instances of disease and other associated ailments.

AF-8 is an affordable food supplement powdered drink mix of amino acids and vitamins that delivers an improvement in health that is tangible and makes a difference... a difference that is noticed.

## **Product Ingredients**

### **L-Arginine**

In the body, the amino acid L-Arginine changes into nitric oxide (NO). Nitric oxide is a powerful neurotransmitter that helps blood vessels relax and improves circulation. Evidence shows that L-Arginine may help improve blood flow in the arteries of the heart, which in turn may improve symptoms of clogged arteries, chest pain or angina and coronary artery disease. L-Arginine supplementation has other potential benefits – such as a possible reduction of high blood pressure.

### **L-Citrulline**

Your kidneys change L-Citrulline into L-Arginine boosting the L-Arginine levels already contained in AF-8. Studies show that a combination of L-Arginine and L-Citrulline increases the longevity of nitric oxide in the cardiovascular system which enhances the product benefits. Studies show that L-Citrulline may also be helpful in improving intestinal problems.

### **Vitamin C**

Vitamin C is a water-soluble vitamin, which is needed by the body to form collagen in bones, cartilage, muscle and blood vessels. Vitamin C helps to protect cells and keep them healthy and impacts several areas of cardiovascular health, ranging from blood pressure to endothelial (the lining of the arteries) health and is an effective antioxidant. Recent studies indicate that Vitamin C taken in conjunction with L-Arginine increases the beneficial effects of nitric oxide production.

### **Beetroot Extract**

Studies have shown that Beetroot acts as a moderator to blood pressure, due to the high level of nitrate. Beetroot naturally contains Vitamins B1, B2, B3, and Vitamin C, as well as Phosphorus, Sodium, Potassium, Iodine, Iron and Copper – and so has a great range of micronutrients that enhance the benefits of AF-8.

## **Grape Seed Extract**

Grape Seed Extract has huge antioxidant potential due to its flavonoid phytonutrients. These polyphenols, including resveratrol and unique OPC's (Oligomeric Proanthocyanidins Complexes), are found in their most potent form in Grape Seed Extract. OPC's help the body to produce glutathione, which is the master antioxidant that protects DNA and strengthens the immune system. OPC's also increase intracellular Vitamin C levels and strengthen capillaries and thus improve blood oxygen circulation around the cardiovascular system and throughout the body making them a perfect addition to AF-8. These antioxidants can also act to protect soft tissue collagen in the joints and skin from free radical damage, and help prevent premature aging and protect the blood vessel walls from inflammatory stress.

## **Resveratrol Extract**

Resveratrol could be considered one of the 'stars of the show' with its many health benefits. Ranging from its anti-aging properties to its positive effect on heart health. It has high levels of antioxidants helping to reduce oxidative stress in the arteries and it blocks the production of N F Kappa B, a powerful inflammatory agent. Resveratrol Extract also provides cellular support that improves mental function and even has claims of cancer suppression abilities attributed to it.

## **Vitamin K2**

Vitamin K2 serves many important functions in the body, alongside the vital role of supporting healthy clotting of the blood. Studies show that K2 may help in fighting against cancer and Alzheimer's disease and can support the prevention of osteoporosis and cardiovascular diseases. Vitamin K2 is optimal for the body to utilise calcium to build strong healthy bones thus helping to inhibit calcium deposits in the arteries.

## **Vitamin D3**

Vitamin D3 helps strengthen the immune system and aids cell to cell communication in the body. Cholecalciferol (D3) is important for the absorption of calcium from the stomach and for the functioning of calcium in the body. Cholecalciferol is used to treat or prevent many conditions caused by lack of Vitamin D, especially conditions of the skin or bones. A growing number of studies are implicating a deficiency in Vitamin D3 as a risk factor for heart attacks, congestive heart failure, peripheral arterial disease, strokes, and conditions associated with cardiovascular diseases such as high blood pressure and diabetes.

## Customer Testimonials

### Diabetes

"My partner has been taking AF-8 for nearly a month now. Having recently been diagnosed as borderline diabetic. Although it is early days, he has actively changed to a healthier diet and increased the amount of exercise he does, and has lost nearly a stone in weight. This, coupled with taking AF-8, has seen his diabetic count down by 5 points and he is very pleased. The product is very pleasant to drink."

*Theresa W, Christchurch, Dorset.*

### Blood Pressure

"I have just started taking AF-8. I take my blood pressure measurements every day and it used to average 135/87. After barely 2 weeks of starting AF-8, my blood pressure is now averaging 117/75. I cannot express how pleased I am!"

*K.S.Ho, Kuala Lumpur, Malaysia.*

### Headaches

"I have suffered from strong periodic headaches for some time now. After I started taking AF-8 I noticed that whenever I experienced my headaches they did not have the same debilitating effect on me anymore. Over a period of time the duration and severity of my headaches started to lessen to the extent that now within 30 - 60 mins my headaches completely disappear. I feel so much less worried and stressed now. I am happy and relaxed, and I know I have more control over my health now. Thank you so much for helping me relieve my headaches."

*Aggie Chan, Harrow, Middlesex.*

### Eczema

"I just wanted to say how good I think your product AF-8 is! I have been taking it for about 6 weeks now and feel generally better in myself. I have quite bad eczema on my hands which seems to be better. UPDATE: I just wanted to let you know that I have now been taking your product for 5 months and the eczema on my hands has COMPLETELY cleared up. I am really pleased. I spray cars and sore hands was a real issue. I will continue taking AF-8 for sure."

*Mark Perriton, New Milton, Hampshire.*

### Hair Growth

"I have now been taking AF-8 for around a month and I have noticed that my hair is thicker and healthier! I am only taking half a scoop a day at present, as I have low blood pressure and I want to see how I get on. So far so good! I will continue to take AF-8 and will let you know of any other positive experiences! UPDATE: I have been taking AF-8 for 6 months

now and am up to a full scoop a day. I take it first thing in the morning in my water bottle before food. My hair is now in really great condition and so thick! I cannot thank you enough.”  
*Sara Poulter, New Milton, Hampshire.*

**Customer Testimonial Disclaimer:**

Salutem Supplements Ltd holds a record on file of all customer testimonials received and are authorised to use them for promotional purposes. The testimonials represent individual results, opinions, and views. Salutem Supplements Ltd does not claim that they are typical outcomes for all consumers of AF-8.

**For more product information, such as frequently asked questions and research & articles, please visit [www.af-8.ie](http://www.af-8.ie)**

AF-8 has been developed with professional and qualified nutritional food supplement formulators using scientific data and research to ensure the best combination of relevant amino acids and vitamins is offered. AF-8 is produced in a legislatively compliant UK based food supplement manufacturing facility.

**Directions For Use**

Shake the tub well each time before opening. Locate the scoop inside and add one level measure (equal to a 10g/15ml serving) to a preferred amount of water in a glass or water bottle and stir or shake until fully dissolved.

As all natural ingredients are used in AF-8, taste and colour may vary from batch to batch. A clumping or setting of the powder may also occur in the tub, which can be easily resolved by mixing up with a kitchen implement such as a fork. These changes do not in any way diminish the quality of the product.

One serving per day. Do not exceed the recommended daily dose.

**CAUTION:**

If you are pregnant, breastfeeding, or have any known medical condition of any kind, are taking any form of medication or other food supplement – consult your Doctor or Healthcare Provider before taking AF-8.

AF-8 is not a substitute for a varied, healthy balanced diet and healthy lifestyle with adequate exercise.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.

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**[www.af-8.com](http://www.af-8.com)**

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