



Latino Physicians Create Heart Vitamins

Physicians create Heart Vitamin that combines many commonly used vitamins into one pill. The company has created a Bilingual label.

Many doctors have long been in a quandary as to what can be done to treat or prevent this possible killer.

Doctors Harvey Castro and Luis Tejada, of St. Luke's Hospital, have been working on a vitamin combination that may address this long overdue solution.

Castro, a resident at St. Luke's Hospital in Bethlehem, and Tejada, an interventional cardiologist with a private practice in Bethlehem, have teamed up with nutritionist Dennis Passante to produce a vitamin they call "Active Heart."

Castro said he actually became interested in medicine while working at a health food store during high school. In his home state of New York, Castro said he was intrigued by the comments of elderly people as they frequented the store. "They would tell me what herbs and stuff worked for different ailments, and I became fascinated with it," he said. "I got interested in alternative medicines and wanted to learn the science end of it."

Castro pursued his drawing, and became a physician.

"When my father died of a heart attack, I began to take heart health more seriously."

When Castro entered his residency and met Dr. Tejada, the two began discussing vitamins that they thought would help reduce the dangers or clogged arteries.

"I wanted to start my own vitamin line," Castro said, "so I could do a service to people and give them something affordable."

He was surprised at the costs of vitamins sold on the open market. Castro began researching various pharmaceutical firms, and found that most complimentary heart supplements cost nearly \$100.

Castro suspected the cost escalated where companies claimed their product carried certain ingredients not available in over-the-counter formulas.

"I told Dr. Tejada about it, and he also like the idea," Castro said. The pair have spent nearly two years researching the medical field for combination of vitamins, filtering out what was good and what was not. Their product combines the traditional elements known to help heart health, such as L-arginine, an amino acid that helps to open the arteries, and also some Omega-3 fatty acids, which have been shown to help lower cholesterol.

"However," Castro said, "no one else seems to have the same percentages in their formulas that we do."

Since vitamins are considered a food supplement, FDA approval is not needed.

"No one wants to research vitamins, because they can't be patented," Castro said.

The duo has now combined a number of fatty acids with an added Vitamin B complex to hopefully lower one's cholesterol.

Castro said they had looked at a large amount of medical literature, researching what was already on the market, and checking the data on each ingredient's strength.

Castro described homocystienenes as a risk factor that can be checked by blood work. When it is elevated in the blood, it has been associated with a higher risk of heart disease.

Vitamin B complex lowers the substance and reduces the risk factor. If the levels are high, there is greater risk of a heart attack. He hopes that his vitamin combination will lower one's hormones, and thus lower the risk factors of persons prone to heart attacks.

"Most people know that smoking creates a risk factor for heart attacks, but we are finding that diabetes is almost worse than smoking, particularly in African Americans and Hispanics," Castro said.

While both doctors prescribe a regiment of diet, exercise and medication to combat coronary disease, they believe the small capsule, taken three times a day with meals, will aid greatly in reducing the risks of heart attacks.

Although the trio contend that their product is not intended to diagnose, treat, cure or prevent any disease, and they know there is no guarantee in prolonging life expectancy, their goal is to provide quality vitamins using the finest ingredients that have been studied through the medical community.

Interested persons may view their products at their Web site,
www.vitalcomplex.com