Systemic Enzymes and Nitric Oxide: A Powerful Combination for Heart Health with Amie Hall Transcript

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Cardiovascular disease is the number one killer in the U. S. Taking care of your heart and your cardiovascular system, that is like the starting point because it affects your entire body.

High blood pressure. You know, it used to kind of be older people had high blood pressures, but you see people in their 30s, 40s and 50s with high pressure, there's a lot of fibrin that builds up in our blood vessels and the excess fibran, which is scar tissue, its collagen accumulation, unwanted protein accumulation, also biofilms, which are kind of like a slimy, that kind holds in bad bacteria.

So, I mean, we got to clean out the debris, you know, We got arterial plaque, all of these things that are giving our blood vessels, like it's filling our vessels with all this debris and this excess stuff.

and it blocks the arteries and so you don't have the blood flow that you need. It blocks, the oxygen and the nutrients from flowing as they should. it also reduces the myocardial flexibility and interferes with the electrical connection in our heart.

Um, it can cause stiffening of our joints. Welcome to Vitality Radio, The podcast that helps you make sense of natural supplements and thrive without pharma drugs.

I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't, so that you can make confident, informed decisions about nutrition, supplements and your health.

Hello and welcome to Vitality Radio. I've got a good one for you today with a guest that has been very well received by my listeners. You may have heard her on here before.

Well, today we're going to talk about one of my favorite topics in the whole wide world, systemic enzymes. I am such a huge fan. In fact, Amy, you haven't heard my story and you'll have to go back and listen to it because we don't have time today, but I've got a really cool success story with systemic enzyme that I just shared with my listeners like two, three weeks ago.

And I've talked about them a lot on Vitality Radio, but what Sun Nutrition is doing is a little bit different than what really anybody that I have seen out in the marketplace with systemic enzymes, very specific to cardiovascular health.

And so I can't wait to get into it, But you've moved a bit since last time you were on. So tell us a litte bit about what sun nutrition is and how it came to be.

Sure, sure. So Sun Nutrition is a fairly new company. We launched the Vascular Defense in about the spring of 2024. Our two founders actually are the founders of Sun Warrior.

I was with Sun warrior for quite a few years, actually, since its founding, but both just really recognize the need for a good cardiovascular supplement.

You know, as we get into our golden years as they say, not everybody feels great and it's not so golden for everybody. And we want to be an option for people to cardiovascular disease and, you know, strokes and all those things that come in with that, but also longevity.

The vascular defense is a longevity formula. Both of our founders are in their seventies and their goals are to be able to feel good through all of their years.

They're both very active. So that's kind of how Sun Nutrition and Vascular Defense started. Well, and you say you

were there from the start, so now you're there for the company number two as well, right?

Yes, yes. I love it. And there's a lot of things I loved. We've got a lots of experience, you know, going into this company. It's not just a, it's new company, but not a new group of people making these products.

They know what they're talking about. and of course, Utah company which I Love. That was great for so many of our listeners here in Utah, But let's talk about this product because when you first told me about it, You know the first thing I get, I don't know.

I think we have 85 different vendors that we work with at Vitality Nutrition. Maybe it is a little more than that. And everybody's coming out with new products all the time.

And frankly, a lot of products are kind of in the, oh, this is a a like all of the other stuff I already carry in range, right? Not a lotta differentiation.

Yeah, exactly. When you told me about this one, I got really excited because it is unique. It was a really easy sell for you. I brought it right in because I thought it made a lots of sense.

So the product's called Vascular Defense. It's systemic enzymes plus nitric oxide blend. Anybody listening to Vitality Radio knows I'm a huge fan of both of these things, but this is all kind of rolled into one.

Well, let's start with kind the overall why of the formula. What are we concerned about when we talk about vascular defense? Sure, sure. So cardiovascular disease is the number one killer in the US.

Like I said earlier, people get into their golden years and when you don't feel good, those years are not what you hoped that they would be. Taking care of your heart and your cardiovascular system, that is like the starting point.

because it affects your entire body. So some of the risk factors of cardiovascular disease, high blood pressure. And, you know, it used to kind of be older people had high pressure, but you see people in their 30s, 40s 50s with high-blood pressure and- A lot more now than I ever used too, for sure.

Yes. Yes, yes, and you know, obviously we eat a lot of, you now, processed foods and we got high stress and, there's a lotta different factors that could cause the high blood pressure, but there is a lots of fibrin that builds up in our blood vessels and the excess fibran which is, scar tissue, it's collagen accumulation, unwanted protein accumulation.

Also biofilms which are kind of like a slimy, that kind holds in bad bacteria, so I mean, We gotta clean out the debris, you know, we got arterial plaque, We got all of these things that are giving our blood vessels, like it's filling our Blood vessels with all this debris and this excess stuff and it blocks the arteries and so you don't have the blood flow that you need.

It blocks the blood flow, it blocks oxygen and the nutrients from flowing as they should. It also reduces the myocardial flexibility and interferes with the electrical connection in our heart.

it can cause stiffening of our joints. Chronic inflammation is another risk factor. High cholesterol is another risk factor. Obviously, you have unhealthy weight or inactivity or people with diabetes.

There's a lot of tobacco use. A lot different risk factors. So, sun nutrition, really, we want to be able to provide a supplement that is going to help people not only prevent the risks of having a cardiovascular event, but if you've already had strokes or different events happening in your life, we want to prevent that from happening again.

We want keep healthy and vital through your years. So that's how vascular defense was created. And systemic enzymes, like you said, Jared, they are key in breaking down the unwanted proteins, the unwounded fibrin in those blood vessels.

Systemic enzymes are sometimes referred to as proteolytic enzymes, so they are to be taken on an empty stomach. We all know about digestive enzymes and they're amazing to help us digest our food and absorb our nutrients, but the systemic enzymes actually work in a different way.

So you take them on an empty stomach and they actually bypass through the gut right into the bloodstream. So they go to work on cleaning out the Blood vessels.

And, you know, we call vascular defense the clean and flow difference. The systemic enzymes, it's kind of like Pac-Man, kind goes through, eats all the debris and the fibrin, and then the nitric oxide herbs helps with that vasodilation.

It widens out those blood vessels and increases the flow. You're getting more oxygen and nutrients, which does help with your blood pressure and things of that nature.

So let me stop you there because there's some interesting stuff here that I think is really important. When we talk about cardiovascular wellness and we think of kind of the pharmaceutical model for that, we have things that essentially artificially lower blood through either diuretic activity or ACE inhibition, things like that.

We have things that would break down or prevent the body from making what they call too much cholesterol, we'll say. Put big air quotes on that for, you know, in the liver, statins and things, like, that there are a lot of things in pharma when it comes to cardiovascular wellness that are really just like let's turn off the way the, body normally works to try to stay on top of all this symptomology.

And there's a reason why pharmaceuticals for cardiovascular wellness are so widely prescribed because a third of us are dying of cardiovascular disease, as you mentioned, and lots of people going around with all of these types of symptoms, the high blood pressure, what's considered to be high cholesterol.

I beg to differ with what they call high-cholesterol. Imagine you probably do as well and all these other things. And then of course, diabetes, high A1C, cardiovascular diseases is a very much an inflammatory disorder as So we have all these pharmaceuticals, but none of the pharmaceutical's address any kind of root cause when it comes to these types of issues.

And what I love about this formula, because before you brought this And I'll show it to people that are watching here. Before you brought it me, I would have told you, if you said, what are the two best things I can do for my cardiovascular system?

I will have said increase nitric oxide and take systemic enzymes. Those are things that I recommend. If I had to push for a third, it would be aged garlic.

I'm a huge believer in that for cardiovascular wellness. So that would be the big three. So you guys have done a really cool job of wrapping the two most important things into one system, which I really, really like, like I said, why was such an easy sell for me?

So we talk about systemic enzymes, we talked about the things that restrict blood flow, too much fibrin, very much even a bigger problem over the last five, six years with everything that went on with COVID and everything else.

And then we also need to talk about just the issue with aging with blood flow and how nitric oxide is tied into that. So talk that with us. Sure, sure.

Dr. William Wong, actually, you know, Nick, one of our founders had deep vein thrombosis, and so he, back in like 2015, 16, he's a very active, an ex-pro athlete, but he would spend hours and hours researching, spent a lot of time sitting, which is probably why he developed that.

But he has cardiovascular disease in his family history, really scared him. And so when that happened to him, he kind of did a really deep dive and he had watched a video from Dr.

William Wong. He's really big into the systemic enzymes. Dr William Wang kind described he's done autopsies and, you know, describes the difference of a young person's um organs versus an old person's organs and a young person organs are very pliable he he kind of refers to them like jello there you know their actual size they're very playable you move them around he says an older person like 60 70 80 plus the organs become like a hard loaf of italian bread so they become They actually shrink in size, which obviously they're not gonna be as effective and they are not pliable anymore because of all the fiber and it's almost like spider webs, if you will, kind of imagine wrapping around your organs, tightening them up, hardening them, and you're getting the blood flow, you are getting nutrients or the oxygen throughout those organs for them to work effectively.

So. Well you said something when you first started talking about the formula, like clean and flow or what was your wording? Yes. Yep. The clean and flow difference.

It was clean-and-flow. Okay. Yes, yeah. And so, you know, I started alluding to the pharmaceutical approach being, not root cause. Of course, Vitality Radio and supplement stores across the country are all about root-cause functional medicine doctors and everything else.

To me, that is it. I mean, it's like, okay, if we can clean out the arteries so that things can move, essentially, we're taking out And then we can keep the vascular tissue young and pliable and functioning like it should.

Then we have exactly what you said, clean arteries where the blood is flowing well and smoothly. And we've talked a lot, you know, Dr. Long, is probably the most well-known researcher in systemic enzymes, probably by a mile.

But then we've got like Dr. Ignaro, who figured out what is going on with nitric oxide, won the Nobel Prize for Medicine for figuring out how nitrous oxide works in the body.

And, you know, I've talked to quite a few people. Joe Pendergrass was on my show four or five years ago. I'm not sure if you're familiar with him. And he talks about, you know, vascular aging, exactly like what you were just alluding to there.

And I can't think of a way that you can go after vascular aging more effectively than systemic enzymes and an increase of nitric oxide. So, but nitrous oxide is interesting.

Amino acids are primarily the things that are researched out there for that, along with beetroot, right? So arginine and citrulline are kind of the big dogs in the amino acid world.

We have a supplement that we recommend a lot that's a combination of those things that comes from a lotta the research that Dr. Ignarro did. Your primary ingredient in your formula is beet root and then red spinach extract, both at very high concentrations.

Talk to us about those. Okay, sure. And then we'll get back to the systemic enzyme. So both, like you said, both the beetroot and the red spinach leaf, the beat root is a 20 to one extract.

The red Spinach leaf is 30 to 1 extract, we know about the benefits of beet root and for the cardiovascular system, athletes use beet roots to increase their nitric oxide, which helps them perform better.

It also helps us recover better because the more blood flow you have, the better you're going to recover after, you know, after training and performing and things of that nature.

Beetroot also can give you a little bit of energy. It's not like a, a caffeine energy, but it does because you are getting more oxygen and more blood flow.

The beetroot really helps with, with the energy beet root also, can help lower the LDL, which is, the bad cholesterol and the triglycerides. But beet route is probably like the number one circulation superfood.

And then we also have the red spinach leaf extract and athletes have been using that for years. There was a study from Auburn University just showing how it enhances the use of oxygen through our body and for up to eight hours.

So it helps that vasodilation. all throughout the day, up to eight hours. It's also, you know, really high in phytonutrients just to promote vascular health overall.

Do you want me to get more into the herbals or should we go back to the systemic enzymes? Let's just, let's touch on the rest of the herbs in there. So some great stuff, obviously.

Sure. Uh, so let, Cause we don't have a ton of time. Let's dive into those real quickly and then let's jump back to the, to, the enzymes. Cause I'm really curious.

This is one that I haven't talked about on the show before. I don' think about lumbro kinase, which is you've got a big high dose in this formula. And I really want my listeners to understand that one.

sure sure so we have citrus bergamot also really really high in polyphenols this this really helps with the cholesterol levels it also is you know helps to reduce the triglyceride levels so that works hand in hand with We've got the garlic extract, which you mentioned before.

This is a four to one ratio. So again, it's the extract. It is more potent. Garlic overall is amazing for the cardiovascular system. Its great for your immune system, It also is really good for, you know, to help eliminate toxins and kind of a detox.

it is good to really help with chronic inflammation as well, Which is, again one of those risk factors. We've got the ginger root extract. Again, this is a four to one ratio, so it's a potent ginger in there.

Ginger's really widely known for the digestive and it kind of helps the GI tract flora. ginger's great for your cardiovascular system, increasing that blood flow.

Also, ginger root can help reduce, improve your sugar levels as well if diabetes is an issue for you. We've got the holy basil. So this is the niacin.

Holy basil is only plant form of niocin, so most niaccins out there are synthetic. especially our owners, like they want the purest ingredients possible.

Holy basil, if you're to take that on its own, you will get that niacin flush. I'm sure you've had the niocin flash before, which is actually- I have had niicin flesh, yes.

Yes. It's so great for your brain. it's great your circulation, but not everybody loves it. So you are not going to get the Niacine flush with the vascular defense.

We kept the levels a little lower with holy basil. But it really improves the capillary circulation by dilating those blood vessels. So it's amazing for vasodilation as well.

And then finally we have the cayenne pepper. Cayenne Pepper, again, great for circulation overall. Cyan is really great, for the cholesterol levels again.

It's great your digestive health aswell. Its not like taking a 90,000 HU cayen capsule. You're not going to get the stomach burning. Again, we kept the levels a little bit lower of the Cayen Pepper.

But again, I actually take cayenne pepper on its own on the side too, just because of the vascular and digestive benefits with the cayenn. Well, I mean, if you want to talk about super foods for the heart, cayenne, garlic, beetroot would probably have to be like top three.

I think they're all just absolutely amazing with tons of great research and loads of anecdotal evidence as well. So

let’s talk these systemic enzymes.

There’s a bunch of options that you could have put in the formula, right? There are four in this formula. And I’m going to see if I can recite them from memory.

Bromelain, nautokinase, serpeptase and lumbrokinase I believe. Bromelain, Cerapeptase, and Nautokinase. Especially Naudokinis has recently come into vogue, we’ll say.

People like Dr. McCollough and these guys talking about it and it’s become more well known. I shared a really cool Chinese study on Naurokinese not too long ago on the show that was pretty fascinating as well.

And because we’re a little bit limited on time, I really want to focus in on this Lumbrokinase because I have talked a lot about Cerepeptaes, Naurokinis, bromelaine on show before.

So the thing I think that really sold me on this first, you said High-potency systemic enzymes plus nitric oxide all in a couple of capsules a day, which I loved that idea of kind of a two-for-one type of combination.

But when I saw the high dose of lumbrokinase, I got really excited. We do sell lumbrokinase on its own at Vitality. It’s a pretty expensive enzyme all by itself.

You guys have rolled a bunch of it into here for what I consider to be a really good value. Why lumbruokinis? Because you could have chosen a Correct, correct.

So Lumbar Canis is kind of known as the fibrillinic powerhouse because it reduces the blood viscosity, it helps to reduce the Fibrin in the Blood, and it also inhibits platelet aggregation.

The Lumber Canise actually has a built-in mechanism to kind of just balance the amount of fibrin dissolving for your body. So we did, and like I said, when Nick was doing his research and kind for his own health, he did include high amounts of the Lumbar Kinase and he really feels like that was the thing that kind set him over the top.

it’s actually more effective and significant than both the Cerapeptase and the Natacanase, which Cerepepase-Natacanaes, they’re amazing and they are in the formula.

But in a lot of the studies, it shows that the Lumbar Canase is about 30 times stronger than the SeraPeptase. And then about 12 to 15 times strong than Nataconase by itself.

So when you’re talking about getting rid of that excess fibrin, getting of of biofilms, hold in that bacteria. They actually had used lumber canes for people with Lyme’s disease because that bacterium is so hard to get rid of in the system.

Those biofilms kind of wrap around it and protect it. So we really want to dissolve both the biofilm and the fibrin. I did want to tell you, so it does help to reduce.

So the less fibrin that you have in your system, it is helping to increase the flow. It does helps with the blood pressure. There are a lot of uses for the Lumbar Kinase.

They use it to prevent secondary strokes. Obviously, we want a prevent a stroke at the beginning, but if you’ve had a strokes or family members that have had stroke, they use the lumber kinase to be able to present a secondary stroke.

also helps to reduce the arterial plaque. They use lumbar kinase to manage people that have already had coronary artery disease, so obviously it’s huge in preventing further episodes.

If you can take it and you’ve never had any cardiovascular events, if you could take before, it is really helpful to prevent any of those. And like I said, It helps to improve the blood flow.

So they use it for people that have had blood clots or have a tendency to get bloodclots just because it helps break those down. Also, they've done a lot of research, especially with COVID and all the effects of COVID, and the things that came with it.

There's people with long COVID. They've got the extra spike protein. it does help to get rid of those unwanted spike proteins. Also, you know, chronic fatigue syndrome.

A lot of that is happening because of the underlying inflammation in the system and those microclots that are developing because the inflammation. So, like I said before, lumbar kinase is such a longevity systemic enzyme.

It really helps to clean and heal the vascular system. You know inflammation, we hear about inflammation all the time and You know, people maybe don't even start to realize they have inflammation until they get achy joints or, you know they, they're not healing as quickly, but inflammation kind of starts in the circulatory system.

And if we don t get that taken care of, it can definitely lead to more, more chronic events. So Dr. Mahara, he is the one that actually was able to extract the enzymes from earthworms and the group of enzymes that he extracted from the earth worms, he named them Lumbar Kinase.

So for thousands of years in Eastern Chinese medicine, they have used earth worm as part of their health protocol and things of that nature. But I believe it was in the early 80s that Dr.

Mahara was to able extract those enzymes form the Earthworm and create the Lumber Kinases. So, Lumbar Kinase is kind of like the new kid on the block, not as many people know about it.

But, you know, I dare you, just go look into Lumber Kinases. You know there's so much information, a lot of clinical studies just showing the benefits and how it's much more effective than the Natakinase alone, which we hear a LOT about Natakinase.

Well, you know, I didn't want to interrupt you, but right at the start of that, You started talking about just the difference in effect versus nautokinase and Cerapeptase.

And I don't wanna gloss over that too much because the research on naudokinease in Cerepepase is strong. These are great enzymes, right? that do really, really good work.

And we've had great success with them here at Vitality. I mean, a lot of people get great successful seropeptase, nautokinase formulas that have a combination of those things.

So for lumbrokinase to be substantially more effective is kind of a mindblower. Tell me the numbers again. What did you say the difference is versus 12 times?

Yeah, it's about 30% stronger than the seropeptase and like 12 to 15% strong than naurokinases. Sorry, percent or times. Oh, excuse me. Times. I'm sorry, times, not percent.

So times. That's what I thought. Dramatic difference there. But the thing is, in nature, and it's clear that you look at it, your company looks at the same way as I do, I love synergy in a formulation.

And so you could just dump a bunch of lumbar kinase in there, No seropeptase, no natokinase no bromelain, but my belief is you're going to get a unique benefit from having the combination and the synergy of the different ones.

Cause they don't all work exactly the same way. They all have a little bit different kind of specialty we'll say. And so that makes sense there. and clearly your herbal blend is the way, right?

You could have loaded just all beetroot in there, But instead you chose to go this route where you've got other supportive herbs in the mix as well, which, I love.

So this formula is really, really interesting to me. We've already had some pretty good feedback on it. And we've carried it since I think pretty much when it launched.

Yeah. So we already have some good feed back on and have real regular customers on that really really like it and so I'm excited to have you on to share this with our listeners.

What are you hearing from your customer base on this and what are some suggestions on how people might want to use it as part of their routine? Sure, sure.

So I actually get to take all the customer calls and I go over all of the comments and everything. I really love this part of being part in this business, but the blood pressure.

The first thing that people usually notice in two to three weeks is the pressure starts to lower, it starts stabilize. And the next thing is, you know, we've had actually a few people call in and say, this one gentleman, he's in his 70s and he had a stroke back in 2015 and lost all that feeling on his right side.

and he had, you know, terrible nerve pain. And he said after just using the vascular defense for about three weeks, he was starting to get feeling back in his right side.

The nerve, pain was started to decrease. We have people that have called us that said they've had an issue with blood clots and, they just have a tendency to develop blood clot.

After using a vascular defense, for only a month or so at a time, they're no longer having the blood clotting issue. I personally have had varicose veins and it's just been an issue that I've dealt with most of my adult life.

During my pregnancies, I had to wear the long stockings, you know, and my legs would just ache. At the end of the day, You know I have done lots of different herbs.

Lots of essential oils, lots different things through the years to just try to help combat The achiness that happened every single night and after being on the vascular defense, which I take religiously, I don't have the pain anymore.

Like my legs do not ache at the end of the night. I think my veins actually look a little bit better, but for me not to have that pain every day is huge.

So a lot of people, yeah. Well, especially considering people don't know you as well as I know, you, but like, it's not like you don' take good care of yourself.

You're into this nutrition world and fitness world, and everything else. So, so the fact that after all these years of doing this, You've discovered something that's helped with that in such dramatic ways.

That's a heck of a testimonial. I could go on and on about testimonials, and I love that we have a product that's making a difference in people's lives.

That the best part of being in this industry is helping people. The best way to take this, it does detox your body because it is cleaning out all of the debris and everything.

If you're sensitive, maybe just start out with one a day. We do suggest doing two capsules a different times throughout the day. So maybe first thing when you wake up about an hour before you eat anything and then, you know, maybe just before go to bed a couple of hours after you've had your last meal, great time to take it.

I actually put my bottle in the bathroom and in middle of the night when I get up to use the I take a vascular defense because I know my stomach is empty at that time.

So whatever works for you. I do also want to mention if you're on any type of prescription blood thinners, you do want to kind of just balance it as your body needs.

Additional blood thinners are not recommended to use while you're taking vascular offense. I also did want to mention that like Jared said, you know, we packed as much as we could into these capsules and there's no other fillers.

We use a DR cap. It's a delayed release cap, it's cellulose is what the capsule is made of but it does have that delay release effect so it just works so effective and obviously especially when taking it on an empty stomach.

So you get the empty stomach, you got the sustained release, which is critical with, with really all systemic enzymes. That's really important to make sure it's opening up in the intestinal tract, not in stomach.

Uh, and then you. And it makes sense too, because you're typically going to. Nitric oxide when you take those on an empty. Stomach as well, based on the research I've read.

So love the formula. I think it is a great concept. Like I say, in our store anyway, we've seen some nice results with it already. But we have it in both our stores.

Have it of course on the website. We'll link to it, in the show description. Amy, I really appreciate your time. It's always great to have you on. I know there is another new supplement coming from Sun Nutrition soon that we may just have to talk about soon here on this show.

But for now, vascular defense, clean and flow. Love the idea, love the concept, loved the couple of capsules a day for most uses. Maybe a little bit more for some people, depending on what's going on and the key again, just remembering empty stomach, is really, really important here and maybe start slow like you mentioned.

I think that's a good idea. Okay. Well, we are out of time. We only had about a half hour to squeeze in here today. Amy, thanks so much for your time, I appreciate you.

It's good to see you again. Of course. Thank you so And for everybody listening, if you have any questions, call us 801-292-6662, or you can jump on our website and chat with us at vitalitynutrition.com.

I will link to a couple of the other shows I've done on systemic enzymes so that you get a little bit more detail than what we were able to give you here if want to dig into those as well.

Until next time, I'm Jared St. Clair and this has been Vitality Radio. Thanks for listening to the Vitaly Radio podcast. If this episode helped you follow the show, share it with someone and explore trusted education and resources at vitalitynutrition.com.

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