

Effect of “PhytoCardin” (Hawthorn + Mg + coenzyme Q10) on Pulse Rate Variability (PRV) in 60-year-Old Man

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ABSTRACT

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Introduction

The parameters of Pulse Rate Variability (PRV) are an important indicator of the cardiovascular health as well as the adaptive mechanisms of the human body to stress. The measurement of PRV is made in the morning after waking up at 8 o'clock using the “Heart Rhythm Scanner” device of the “BioCom Technologies of the USA” (Figure 1) [1-4]. The Measurement is based on the method

Photoplethysmography (PPG). The PPG-Sensor placed on the finger of the left hand of a 60-year-old man. It is high 178 cm, weighing 75 kg and he has BMI = 24. The measurement of PRV is repeated 2 hours after taking 2 standardized tablets from “PhytoCardin”, which contains hawthorn, magnesium (Mg) and coenzyme Q10 (Figure 2) [5-7]. In our case, you can compare the PRV- parameters before and after this intake.

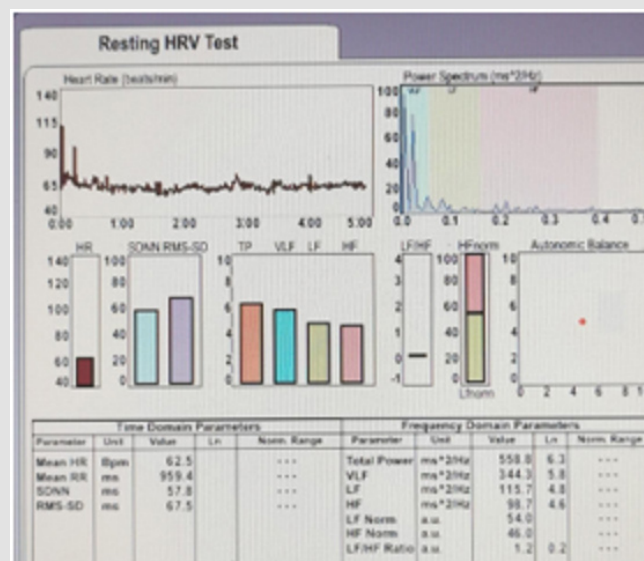


Figure 1.

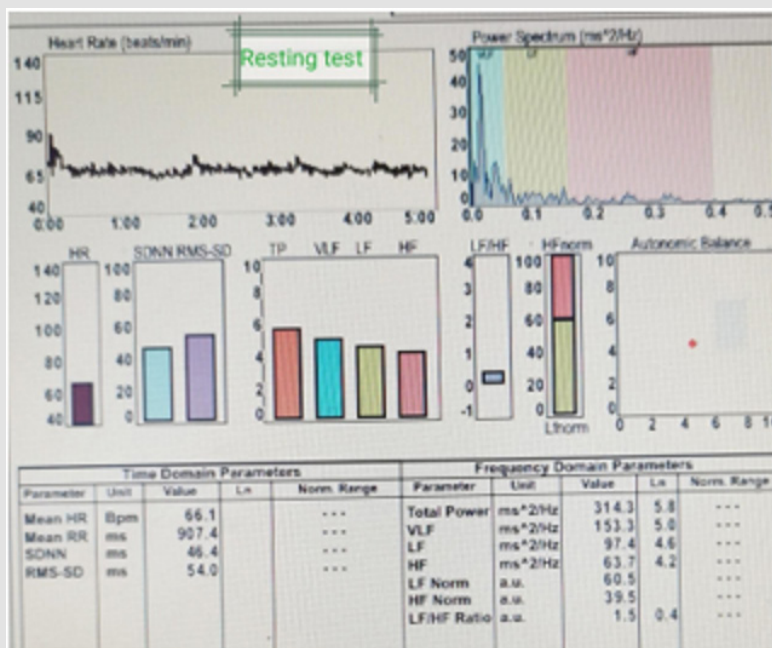


Figure 2.

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