TODA Herbal International Inc.

HEARTofGOLD Formula™

PRODUCT PORTFOLIO

“FROM OUR HEART TO YOUR HEART”
Best Natural Heart and Circulatory Support Possible

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HEART of GOLD Formula™
EUROPEAN AWARDS

HEART of GOLD Formula™
1st Place Award
from the Regional European Health Promoting High Commission for The Best Natural Supplement in the Herbal Extracts Category Recommended for Circulatory System Conditions

HEART of GOLD Formula™
1st Place Award
in the Dietary Supplements Category DIABETICA EXPO Annual Diabetes Symposium Obesity Prevention and Treatment Forum

HEART of GOLD Formula™
2nd Place Award
in the Dietary Supplements Category ECOMED Natural Medicine Fair

HEART of GOLD Formula™
2nd Place Award
in the Dietary Supplements Category DIABETICA EXPO
INGREDIENTS - FIVE FRUITS FOR THE HEART AND CIRCULATION:

- Aged Garlic (*Allium Sativum*)
- Hawthorn (*Cretaegus Oxyacantha*)
- Bilberry (*Vaccinium Myrtillus*)
- Seabuckthorn (*Hippophae Rhamnoides*)
- Cayenne Pepper (*Capsicum Frutescens*)

Based on Scientific Research of Individual Ingredients

**HEARTofGOLD Formula™** can help to:

- Prevent heart attacks
- Prevent strokes
- Prevent bypass surgery
- Improve blood circulation
- Relieve angina pain
- Normalize blood pressure
- Clear up clogged arteries
- Lower LDL cholesterol
- Strengthen the heart
- Boost immune system
- Reduce blood sugar
QUALITY

All TODA Herbal products are federally licensed and undergo an extremely rigorous Health Canada review for quality, safety and efficacy.

From raw materials to the finished product, TODA Herbal strictly adheres to all SOP (Standard Operation Procedure) and GMP (Good Manufacturing Practices) acts and regulations.

Every ingredient used in each TODA Herbal product is a natural, unadulterated, organically grown botanical, which has been processed according to the Natural Health Product Licensing Regulations for Canada.

PLEASE NOTE!

The taste and colour of the final product may vary slightly from batch to batch. This variation in colour and taste is due to the weather and soil conditions under which the crops have been naturally exposed to during their growth from seed to maturity.

*The ratio, nutritional value, bio-availability and effectiveness of all of the ingredients in TODA Herbal products remains consistent regardless of any slight variations in colour or taste.
The Scientific Research Summary

Garlic (Allium Sativum)

Daily use of garlic in the diet has been shown to have beneficial effects on the body, especially the blood system and the heart. Scientific data reveals that garlic reduces glucose metabolism in diabetics, slows the development of arteriosclerosis and lowers the risk of heart attacks.

Without a doubt, garlic provides the body with protection against cardiovascular disease.

Garlic and its preparations, such as aged garlic extract, have been widely recognized as agents for prevention and treatment of:

- cardiovascular and other metabolic diseases
- atherosclerosis - hardening and/or thickening of the arteries, a process in which deposits of fatty substances, cholesterol, cellular waste products, calcium and other substances build up in the inner lining of an artery
- hyperlipidemia - an elevation of lipids (fats) in the bloodstream
- thrombosis - formation of a blood clot within a deep vein
- hypertension - condition in which blood pressure is persistently elevated
- microbial infections
- asthma
- diabetes

The Nutrition Committee of the American Heart Association publicly acknowledged garlic’s potential in helping to reduce the risk of heart disease and other cardiovascular diseases.

The November 1998 conference in Newport Beach, CA., on garlic and garlic supplements, sponsored by the Bethesda, Md.-based National Cancer Institute and Pennsylvania State University in University Park, showed that garlic supplements may prevent heart disease and cancer, help memory and extend life.

The Aged Garlic Extract in HEARTofGOLD Formula™ provides the nutritional composition and therapeutic effectiveness of garlic, without irritating the stomach and producing the offensive smell.

Aged Garlic Extract - liver and cancer

Another priceless benefit of garlic for health and long life is liver protection. Many of the studies would indicate that aged garlic is a powerful detoxifying agent that can protect against various liver toxins.

In addition to its liver and heart-protective activity, aged garlic may also provide protection against cancer by mobilizing the effectiveness of the body’s immune system.
Hawthorn (Cretaegus Oxyacantha)

Hawthorn has been one of the most popular of all the botanical cardiovascular medicines for decades.

Herbalists found that hawthorn restores blood pressure to normal; it lowers high blood pressure and raises low blood pressure.

Hawthorn is used to treat angina and coronary artery disease. It is also useful for:

- mild congestive heart failure
- irregular heartbeat
- increasing coronary blood circulation
- preventing the deposition of cholesterol in arterial walls

Modern studies show hawthorn helps treat elevated cholesterol levels.

Hawthorn berry extracts have been shown to effectively reduce:

- high blood pressure
- angina attacks
- serum cholesterol levels
Bilberry (*Vaccinium Myrtillus*)

Bilberry has been valued for centuries as a nutritious food and a wild edible delicacy. The berries, best known as an edible fruit, are an ancient food in northern Europe.

Bilberry fruit has been used in traditional European medicine for nearly one thousand years reported by twelfth century German herbalist Hildegarde von Bingen (1098-1179 C.E.) and later by sixteenth century herbalist Hieronymos Bock.

Modern clinical trials on bilberry extracts suggest the fruit may improve vascular health. In European herbal remedies, bilberry fruit preparations are now used to enhance poor micro-circulation, including eye conditions such as night-blindness and diabetic retinopathy.

In France, bilberries have been prescribed since 1945 for patients with diabetic blindness.

In Italy, fruit preparations are used to treat microcirculatory disorders, which include varicose veins, atherosclerosis, venous insufficiency, and degenerative retinal conditions, such as macular degeneration, glaucoma, and cataracts.

Modern laboratory studies on bilberry fruit extracts have confirmed that bilberry produces a slight relaxation effect on vascular smooth muscles. Extracts of the fruit have also been shown in laboratory experiments to inhibit enzymes such as elastase, which can cause the degradation of collagen. This can lead to a reduction in factors associated with inflammatory conditions such as atherosclerosis, pulmonary emphysema, and rheumatoid arthritis.

Bilberry extracts help to keep atherosclerotic plaques from forming on the lining of the arteries by strengthening the collagen that makes up the arterial walls. This helps to keep the arteries flexible, which helps to normalize blood pressure.

**Research suggests that Bilberry (extract) can help to:**

- Improve microcirculation in various venous diseases (reduced capillary flow as well as an elimination of microstagnation and blood stasis of the foot)
- Prevent ischemic stroke without increasing the risk of hemorrhagic stroke
- Improve venous microcirculation
- Protect LDL from oxidative stress
- Inhibit platelet aggregation
- Improve lymph drainage
Seabuckthorn \textit{(Hippophae Rhamnoides)}

The fruit extract contains numerous active constituents that benefit not only the cardiovascular system, but general health as well. Traditional texts have extensive reports of the fruit’s use to promote blood circulation and remove blood stasis.

Seabuckthorn is an excellent source of plant based polyunsaturated (essential) fatty acids for maintaining good health and normal growth and development. These essential fatty acids are important in the prevention of heart disease, cancer and maintaining an overall healthy immune system.

Seabuckthorn contains more than 190 kinds of bio-active substances, and its oil contains 106 of these substances. These compounds include many fat soluble vitamins (A, K and E), water soluble vitamins (C, B1, B2, folic acid etc.), 22 fatty acids, 42 lipids, organic acids, amino acids, carbohydrates, tocopherols, flavonoids, phenols, terpenes and tannins. These organic acids are known for certain physiological functions in the body such as reducing the toxic effects of some medicines like barbitals and antibiotics, and preventing teratogenesis and damage from X-rays.

\textbf{Research suggests that Seabuckthorn fruit (extract) can help to:}

- Provide beneficial effects in prevention of coronary heart disease and arteriosclerosis
- Remit angina
- Improve cardiac rhythm
- Improve functioning of the cardio-vascular system
- Provide beneficial effects in the treatment of coronary heart disease
Cayenne Pepper *(Capsicum Frutescens)*

Historically, cayenne was used as a stimulant for the whole body, and it was thought to aid digestion, the nervous system and circulation.

The New England Journal of Medicine reported that residents of Thailand have virtually no blood clot problems because of their frequent consumption of red pepper.

Cayenne Pepper is helpful in boosting blood flow in blood vessels by increasing nutrients and oxygen to the cells, and it helps to remove metabolic waste. According to scientific data, this is one of the best body cleansing agents.

Cayenne shares some of the same health-promoting properties as certain herbs, in particular those of garlic and hawthorn.

**Research suggests that Cayenne Pepper can help to:**

- Provide beneficial effects in prevention of coronary heart disease and arteriosclerosis
- Prevent in the development of atherosclerosis
- Reduce LDL cholesterol and triglyceride levels
- Reduce platelet aggregation
- Increase fibrinolytic activity
- Purify the blood

As for its cholesterol-lowering capabilities, research showed that when cayenne was taken along with dietary cholesterol, it prevented significantly the rise in liver and serum cholesterol levels.

Clinical evidence suggests that cayenne pepper can be utilized to carry other substances, such as herbal nutrients into the bloodstream.
TESTIMONIALS
I underwent heart surgical procedure, having 5 bypasses. I stayed home except when my wife drove me to my doctor's appointment. She also had to drive me to the water plant I was operating for a place of business, helping to lift a heavy door so I could read the water meter and check the chlorine residual. The next month I would walk about one-half block from home and back, then need to take a nap. My doctor recommended I go to the gym on a regular basis to improve my health, so I joined the local gym. After about 10 minutes walking slowly on the treadmill I was exhausted and on the machines they recommended for me, I worked with a light load. The thought of push-ups or chinning on the chinning bar was thoughts only. I was 78 years old and felt it, telling myself to be happy I could do that much.

I attended a Bible Conference in the south part of Vancouver, Canada, and staying with a friend who told me about Toda's "Heart of Gold Formula". At that conference I met Mrs. Chocyk, who was about my age and on whom the doctors had refused to do heart by-pass surgery five years earlier because they felt she would not live it through the procedure.

Her daughter, had not given up because she worked until she found the formula for her mother's health problem. This is the very same formula produced by Toda Herbal International, Inc. now.

When I returned home to St. Augustine, Florida I called Krystyna at Toda Herbal International and ordered a bottle of "Heart of Gold Formula", and she explained to me that it would help my arteries clean up, as well as improvements in strength and endurance. She was a true prophet for by only few months, I could stay on the treadmill walking for 40 minutes at average rate and I could do 14 to 15 chin-ups and 25 push-ups. I took part in a chinning contest and did 28 and came in fourth in the contest and could stay on the treadmill walking at a fast pace for 50 minutes. Now, I no longer feel like the old man that I am.

I went to see my doctor and here is my present condition, for the doctor took me off all prescription drugs. Blood pressure about 125 over 65 to 70, my heart beat at ease runs 66 total beats a minute, my cholesterol total is 154, HDL is 53 and LDL is 89, trigs 57 and my physical ability is now 36 to 37 chin-ups or pull-ups, about 50 push-ups on the leg press machine I can do 25 reps at 510 pounds, on the treadmill, I can set it at 6 degree elevation and walk fast for an hour or more with no trouble.

As my arteries continue to clean up and my health continues to improve, I plan to do 40 chin-ups or pull-ups. If this sounds like bragging, that is not my purpose. My purpose is to tell people that have lost hope in restoring their health to try Toda's "Heart of Gold Formula", for Hope is ahead.

Charles Falkner, Florida, USA
At 58 I suffered a heart attack in 1996. Tests were done and the doctor confirmed heart problems. He prescribed several medications for my heart, cholesterol and high blood pressure.

I always had low blood pressure prior to this. One medication was Baycol which I took for three years before finding out that it had been banned for the damage it could cause to the liver.

I was also taking several Tylenol #3 daily for back pain and muscle spasms in my legs due to a work related injury in 1980.

In September 1999 I had Angioplasty for clogged arteries and advised that I would need by-pass surgery within a few months. The side effects of all these medications became worse on a daily basis with severe spasms in my body and excruciating headaches from the heart patch.

In October of 1999, I decided to stop taking all the prescribed medications, not something I would recommend to anyone, as I was told it could be dangerous but I could no longer live that way. In my case it proved beneficial to just take heart supplements as in time the pain and muscle spasms ceased.

I still had Angina once in awhile and in August, 2003 I was hospitalized for 6 days. A Treadmill test was done also a MIBI test and an Electro Cardiogram which showed I still had heart problems. I refused to take any prescribed medications and told my doctor I wanted to continue the natural way with herbal supplements. He reluctantly agreed.

In October 2003, I started taking Heart of Gold Formula, heart drops and after approximately six months there was no more Angina pains. The same tests were repeated in January 2005 which showed my heart was fine. I had my last visit with the heart specialist who said that I no longer needed to see him and to keep doing what I was doing. I still take Heart of Gold regularly on a maintenance basis. My cholesterol and blood pressure are normal.

I am now 69, never had by-pass surgery and feeling great.

J. Ketcheson
Nova Scotia, Canada
Dear Toda,

I wanted to write and tell you about the wonderful results I’ve had with the TODA drops.

I’ve been sick for years with Hepatitis C and high blood pressure. The hepatitis is untreatable with Conventional Medical treatments because all the doctors were afraid the treatment might kill me because of the medical issues I have. Blood tests revealed my liver enzymes were high - twice the normal rate which meant my liver and rest of my body were under attack by the Virus and I was getting sicker. I also had blood pressure which was difficult to control even with medications. I was taking 3 different medications twice a day and my average blood pressure was 140/98 sometimes it would reach 180/105 even on the medication. About eight months ago I started taking the “Heart of Gold” drops. With in 1 month my blood pressure dropped so much I began to decrease the dosage of medications. My average BP is 110/80 and this is with only half the dose I usually had to take.

The other big news is after only six months of taking the drops one of my liver enzymes is normal and the other one is coming down slowly.

I am not out of the woods yet but I am getting better. My goal is to be free of the Virus in two years and to be off all blood pressure medications at that time. I have been recommending TODA to everyone I know with liver and blood pressure problems.

It’s the only product that helped me and has given me new hope for a better life.

Sincerely
Bob Whipple, USA

P.S. I am 58 years old with a 3 year old son and a 30 yr old wife who is pregnant again, so I need all the help I can get.
Dear Krystyna,

First of all want to thank you so much for sharing your wonderful Heart of Gold drops. After 5 years of constant pain I didn’t think anything would help me. My Church family had been praying for me for a couple of years, and God answered their prayers through you.

About 10 years ago my right ankle and foot started swelling. It would swell on and off for the first 5 years. We spent $12,000 on tests and x-rays of every kind you can imagine, and they never did find out what was causing the swelling. I finally said enough is enough and stopped going for anything else. By then my right foot, ankle, and leg were about twice the size of the left one, and they never went down anymore. They would swell bigger sometimes, but they never went down. The top of my right foot looked like a balloon had been blown up under the skin. I was taking water pills the doctor prescribed for me every day to try to take the excess water off of me. They didn't work, but it did help some. At least my foot and leg didn't explode!! I couldn't wear regular shoes. Even buying larger sizes didn’t work because the top of my foot was so huge. I had to wear a big pair of flip-flops that didn’t bind on my foot or elastic bedroom slippers to Church and out in public. This was awful and even worse when it was raining! The swelling finally went all the way up my right side and for the last few years my whole right side was bigger than the left side. You could even see the difference in the size of the right side of my waist!

By then I was so miserable. I hurt constantly, and I LIVED on Advil, most of the time taking five and six doses a day. It would give me the only couple of hours relief I got the whole day and night. I would take a couple of Advil to be able to go to sleep and sometimes wake in the night in so much pain I would have to take something else. The pain was an ache way down deep inside and sometimes I would just sit and rub my leg and just cry from the ache and weariness. My ears were screaming (they had gone past ringing!) from the amount of Advil and pain meds I was taking.

In January 2005 my husband, W.C. Godwin, had a heart attack and 4-way bypass surgery with many setbacks. They had to put in a pacemaker because he died twice and he was gone so long the last time that his organs started shutting down. When they got the pacemaker in and working everything came back except his kidneys. He is still having problems with his kidneys.

He was in the hospital 3 weeks and had only been home one week when he had to go back in with congestive heart failure. He stayed one week that time. In the past 3 years he has been in and out of the hospital 7 or 8 times with different problems. By the time they got through medicating him he is on 10 different medications a day, and he has been on as many as 16 different medications a day. This was going from someone who MIGHT take a couple of aspirin a year. He really does hate having to take all this medication.
Last September (2007) he walked to the farm next door just to talk with the guys. Mr. Everett Masters works for the people who own the farm. My husband asked him how he was doing, and Mr. Masters told him that he felt better than he had felt in years (Mr. Masters is 71) and started telling my husband about the Heart of Gold drops and the wonderful results he was getting from them, and about how good the man who got him on the drops (Charles Falkner) was doing. WC came home and told me what Mr. Masters had told him. Well – neither of us had felt good in a VERY long time. I originally wanted to get on the drops for us to have more energy. I told him if it helped us even half as much as Mr. Masters then it would be worth every penny.

We called Charles Falkner that day and he brought a bottle to us the next day. When he told us what Heart of Gold had done for him we knew for sure we wanted to try it. If Heart of Gold was able to get my husband off of even one of those high priced medicines we were now having to buy for him every month it would more than pay for a bottle of Heart of Gold for both of us. Even if he didn’t get off any medications, just to feel better would have been worth it all. We started taking it right away. This was September 13, 2007.

Within 3 days the constant pain in my right leg was gone. Within 6 days the swelling started going down. My foot had been swollen on the top of my foot for so long that the skin wiggled when I walked!! My whole right side was smaller. There has been gradual improvement since then, and I hardly have any swelling.

When we started on the drops I weighed 235 pounds. Right away I dropped 15 pounds. I really think that initial weight loss was the swelling going down. Since then I have lost 25 more pounds for a total of 40 pounds. When I started in September I had a couple pair of jeans I wouldn’t even get over my hips. They are size 22. The smallest I could get into was a size 24 and they were so tight I could hardly breathe in them. Now I can’t wear them because they are too big – I can pull them up and down without unzipping them! I bought a new pair of jeans the beginning of January (2008) and they are size 16W. YEAH!

My husband has had a problem with night incontinence since his first heart attack in 1985. Most of the time he would have to go about every 30 minutes all night long. Needless to say, he didn’t get much sleep. This was really a problem before he retired. After just a few days on Heart of Gold he stopped having to get up at night except maybe a time or two. He is resting so well, and we are both feeling so very good. I told my husband the only way I will be without Heart of Gold is if you stop sending it to America (PLEASE DON’T!!!). There are other things that are so much better since Heart of Gold. My skin looks so healthy. The whites of my eyes are really white instead of yellow.

But the most wonderful of all is how good I feel, and how good my husband feels. Bless you again. Having relief from the constant pain has been such a marvelous miracle. I constantly thank God for you and Heart of Gold,

Joan & WC Godwin  Florida, USA