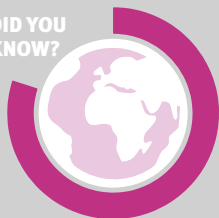


NUTRITIONAL SOLUTIONS TO HELP COUNTERACT THE IMPACT OF AIR POLLUTION ON CARDIOVASCULAR HEALTH

DID YOU KNOW?



80%
of people worldwide live in areas with air pollution¹

PARTICULATE MATTER MATTERS

Particulate matter, also known as particle pollution or PM, is a mixture of extremely small particles and liquid droplets. Exposure to fine particles, which are 2.5 micrometers in diameter and smaller, can get deep into the lungs and cause serious health problems.

BY INHALING POLLUTED AIR, FINE PARTICLES ENTER THE LUNG SYSTEM AND...

- 1 Cause inflammation which continues through to the bloodstream^{2,3}
- 2 Alter the autonomic nervous system functions
- 3 Enter vascular circulation and impact the cardiovascular system⁴



NUTRIENTS THAT HELP COUNTERACT THE IMPACT OF AIR POLLUTION ON CARDIOVASCULAR HEALTH



VITAMIN C

Acts together with vitamin E as an antioxidant system.



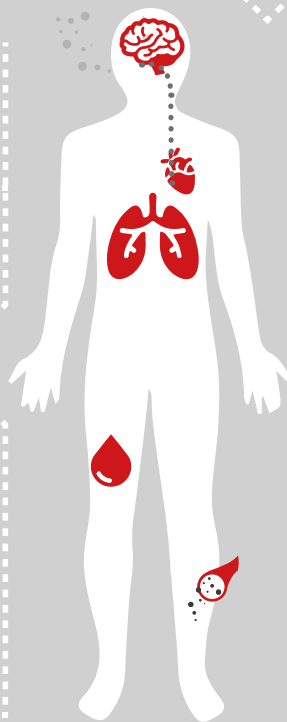
VITAMIN E

Helps protect against free radical damage.



OMEGA-3 EPA and DHA

Contributes to the normal function of the heart.



FINE PARTICULATE MATTER MAY AFFECT CARDIOVASCULAR HEALTH

IN THE BRAIN

- May constrict blood flow to the brain, stopping it from meeting metabolic demand

IN THE HEART

- May create irregular heartbeat
- May lower blood flow to the heart muscle via the coronary arteries
- May increase the risk of non fatal heart attacks

IN THE LUNGS

- May induce inflammation and oxidative stress

IN THE BLOOD

- May alter flow of blood through to the heart and blood vessels
- May increase risk of forming blood clots
- May reduce oxygen saturation

IN THE VASCULATURE

- May harden arteries
- May hinder arteries and arterioles from widening fully in response to an appropriate stimulus
- May constrict blood vessels and create hypertension

FIND OUT MORE: www.dsm.com/human-nutrition



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