



Best Nutrients for Healthy Circulation - Vascutin Guide

Healthy circulation is essential for energy, comfort, and long-term vascular health. The nutrients you consume every day play a major role in supporting blood flow, strengthening blood vessels, and ensuring oxygen reaches every part of your body.

This Vascutin Guide outlines key nutrient categories for healthy circulation, their benefits, suggested daily amounts, and examples of food sources to help you build a nutrient-rich diet.



Boosts Energy & Vitality



Improves Blood Flow



Protects Heart & Vessels

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1. Nutrients That Support Vessel Strength

These nutrients help keep blood vessel walls strong and elastic, making it easier for blood to flow. A flexible vascular system can better handle changes in blood pressure and daily physical activity.

Vitamin C: Supports collagen production for vessel integrity. Suggested daily amount: 75 mg for women, 90mg for men. Sources: citrus fruits, bell peppers, strawberries.

Bioflavonoids: Plant compounds that protect against oxidative stress. Include multiple servings of colorful produce daily. Sources: citrus fruits, berries, onions.

Copper: Important for connective tissue health. Suggested daily amount: 900 mcg. Sources: shellfish, nuts, seeds, whole grains.



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2. Nutrients To Promote Healthy Blood Flow

These nutrients work to keep blood moving smoothly through arteries and veins.

Vitamin E: An antioxidant that supports vessel health. Suggested daily amount: 15 mg. Sources: almonds, sunflower seeds, spinach.

Omega-3 Fatty Acids: Help maintain optimal blood viscosity. Suggested daily amount: 1.1 g for women, 1.6g for men (ALA form); 250-500 mg EPA + DHA combined. Sources: salmon, mackerel, flaxseeds.

Magnesium: Supports muscle relaxation, including blood vessel walls. Suggested daily amount: 310-320 mg for women, 400-420 mg for men. Sources: leafy greens, nuts, seeds.



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3. Nutrients That Support Energy and Oxygen Delivery

Oxygen transport depends on the health and quantity of your red blood cells.

Iron: Essential for hemoglobin production. Suggested daily amount: 18 mg for women, 8 mg for men. Sources: red meat, lentils, spinach.

Vitamin B12: Needed for red blood cell formation. Suggested daily amount: 2.4 mcg. Sources: fish, meat, dairy, fortified plant milks.

Folate: Works with B12 to support healthy blood cell development. Suggested daily amount: 400 mcg DFE (dietary folate equivalents). Sources: leafy greens, beans, fortified cereals.



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How To Use This Guide

Start by adding one new nutrient-rich food per week and monitor how your body feels. Always aim for a balanced intake of these nutrients, whether from food or supplements when needed.

While a nutrient-rich diet is the foundation of healthy circulation, modern life can make it difficult to consistently get enough of the right vitamins, minerals, and compounds every day. That's where Vascutin™ comes in.

Formulated with circulation-supporting nutrients shown to strengthen blood vessels, promote smooth blood flow, and enhance oxygen delivery, Vascutin™ helps fill the gaps and provides a simple, natural way to keep your vascular system performing at its best.

If you're ready to take the next step toward better energy, comfort, and long-term heart health, consider adding Vascutin™ to your daily routine—your circulation will thank you.

[Click here to buy Vascutin™ and start supporting your circulation today.](#)

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Disclaimer: This guide is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. The suggested nutrients and amounts are based on general dietary guidelines; individual needs may vary. Always consult with a qualified healthcare professional before making changes to your diet, supplement routine, or lifestyle, especially if you have a medical condition or are taking medication. Statements regarding Vascutin™ have not been evaluated by the Food and Drug Administration (FDA).