



The heart. A special centre in the body.

The heart is a very special organ in many respects. On the physical side, it is important for the blood supply to all organs and tissues. But the heart is not just a 'pump'. Even the ancient Egyptians saw the heart as the centre of emotions and also of the mind. And the heart was so important to them that it was the only organ that was not removed during embalmment.

The heart is not only the seat of emotions in the mythological sense; as an organ, it reacts extremely sensitively to human feelings. Emotions can have both a positive and negative impact on physical and, in particular, cardiac health. Broken heart syndrome is a striking example of this. After the loss of a close relative, for example, those affected can experience such intense pain that they feel as if their heart has been broken. The symptoms are similar to those of a heart attack, which can unfortunately lead to a misdiagnosis. However, the cause is not usually a blocked coronary artery, but rather an unusually distended left apex of the heart can be seen in the cardiac ultrasound. Not only great sorrow, but also joyful experiences such as a wedding can trigger broken heart syndrome.

You should therefore always pay attention to your heart on several levels, both physically and emotionally. In 2021, around 205,000 people died from heart disease, in 2022 it was already 217,000 people (Heart Report 2024). So it's time to do something good for your heart.

A major problem for the heart is the widespread lack of exercise. Physical inactivity is practically the new smoking - this was the conclusion of an American study. Exercise is therefore an important factor, as is diet (SANUM diet) and the supply of nutrients and minerals. In SANUM therapy, experience has shown that MUCOKEHL® is the medicine of choice for everything that concerns the heart. If heart problems occur in connection with arteriosclerosis and an increased homocysteine level in the blood, the use of ARGININ-diet (Biofrid) should also be considered. This is because L-arginine, folic acid and vitamin B12, which are the ingredients of ARGININ-diet (Biofrid), support the breakdown of homocysteine to methionine or cysteine in the body. L-arginine is also required for the formation of nitric oxide in the body, which is important for relaxing the blood vessels. In addition to physical support, the mental level should not be forgotten. The supportive use of MUCEDOKEHL® has proven effective in the treatment of severe stress, anxiety and depression.

The emotional component of the heart is also reflected in literature. In the books from '1001 Nights' it is written: The most wonderful of all that is in man is his heart, for it organises his whole being. - There is nothing to add to this.



Trading forms

MUCOKEHL® D5 tablets

20 tablets, (also available in other dosage forms)

Recommended dosage

Adults and adolescents from 12 years: 1-3x 1 tablet daily.

MUCEDOKEHL® D5 Drops

10 ml, (also available in other dosage forms)

Recommended dosage

Adults and adolescents from 12 years: 1x 8 drops daily

ARGININ-diet Biofrid tablets

40 tablets

100 tablets

Recommended dosage

Adults: Take 2 tablets 3 times a day with meals.

For further product information, please refer to the respective instructions for use.