

## — Cardiovascular Health

The circulatory system, also known as the cardiovascular system (CVS), is a vast network of organs and vessels that are responsible for the flow of blood, nutrients, oxygen, other gases, and hormones to and from cells. Without the circulatory system, the body would not be able to fight disease or maintain a stable internal environment like a proper temperature and pH, referred to as homeostasis. The cardiovascular system is made up of three independent systems that work together: the heart (cardiovascular), lungs (pulmonary) and arteries, veins, coronary and portal vessels (systemic).

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## Vitamin Deficiency

