



Oktober 2nd 2025

Dear Patient Community,

I have dedicated my work and my personal journey as a heart transplant recipient to helping people living with inherited heart muscle diseases. I know first-hand the challenges of managing a condition that affects not only the heart but also daily life.

One area that researchers around the world are studying is how the heart produces and uses energy. The heart is a muscle that never rests, and it needs a constant supply of fuels to keep beating. There is growing evidence around how energy balance is disrupted in genetic cardiomyopathies and what role nutrition could play in supporting heart health.

Constant heart activity requires an uninterrupted supply of energy. Cells of a healthy adult heart derive more than 70% of that energy from fatty acids, with the remaining sources being glucose, lactate and ketone bodies. Fatty acids are crucial because they are 'slow burn', meaning that they can be utilised over a period of time, especially overnight in the gap between an evening meal and breakfast the next day. Fuels that burn more quickly, such as glucose, do not have the longevity to fill this time gap.

However, individuals with a genetic mutation for cardiomyopathy cannot efficiently break down and utilise these key fatty acids. With this crucial fuel source unavailable to the heart, it is put under ongoing strain and eventually it cannot operate properly anymore and begins to fail.

For a long time, patients have been asking me what they can eat or drink to help protect themselves. Recent research has shown that there is a serious metabolic component that comes with a genetic mutation leading to cardiomyopathy. Understanding the problem from this new perspective meant that our team started to focus on making sure that hearts get enough energy to delay or prevent the onset and progression of symptoms.

Our team developed HeartFuel, which we believe could be the first 'preventative' nutrition option for those with a genetic mutation leading to a cardiomyopathy, whether they are already showing symptoms or not.

HeartFuel is classed as a 'medical nutrition product' (not a drug) and all ingredients used are approved by the European Food Safety Authority (EFSA) and the US Food and Drug Administration (FDA). Designed to be consumed once per day, HeartFuel is a liquid and takes the form of a 60ml / 2 fl oz drink.

Our aim is to offer something that can help and get it to those who need it as conveniently as possible, so HeartFuel will be supplied by subscription, with 30 units delivered at the start of each month, one drink per day.

First deliveries will begin later this year. Below you can find a link and the password to access our website. There is a recently updated Q&A for all your questions. On our website you can pre-order to be among the first to receive HeartFuel.

www.heartfuel.org

Password: heartfuelMDI

This is the first step towards our better heart-health and prevention,

Best wishes,

Rogier Veltrop, on behalf of HeartFuel