



Blood Pressurex

A blend of herbs and nutrients that help to reduce blood pressure

Blood Pressurex is a formula designed to naturally reduce high blood pressure and to protect cardiovascular health. It works on the problem of high blood pressure from several angles. First, researchers are verifying that inflammation is the underlying cause of cardiovascular disease, including high blood pressure. Inflammation causes tissue swelling which reduces blood flow and is also the beginning of plaque formation. Blood Pressurex contains antioxidants and anti-inflammatory herbs to reduce this inflammation and the accompanying swelling. It also contains ingredients which reduce fluid retention in tissues.

Blood Pressurex helps to dilate (expand) peripheral blood vessels. As blood vessels dilate the heart can get blood to the extremities more easily, so it doesn't have to pump as hard. Other ingredients act as tonics to the heart and blood vessels.

The ingredients in this formula reduce blood pressure in the following ways:

Coleus Forskohlil is used as a cardiac herb in Ayurvedic medicine. It has a number of documented effects on the circulatory system. It relaxes smooth muscles, dilates blood vessels and reduces blood pressure. It also increases blood flow to the brain. It increases levels of cyclic adenosine monophosphate (cAMP) which assists the body in making messenger chemicals that help dilate arteries. cAMP works with L-arginine to create nitric oxide which helps lower blood pressure.

Olive leaf, like olive oil, has been found to benefit the cardiovascular system through its antioxidant properties. Oxidative damage causes arterial plaque to form so preventing this damage reduces the risk of hardening of the arteries. Olive leaf also has diuretic, anti-inflammatory and blood pressure-reducing effects.

Hawthorn berries have been eaten for years in Europe as an herbal cardiac remedy and have been extensively researched as a cardiac tonic. One of the many benefits of hawthorn is its ability to dilate blood vessels, reducing blood pressure at the same time that it increases circulation. It dilates both peripheral blood vessels and the coronary arteries that feed the heart. It also tones the heart muscle, increases cardiac efficiency, and slows the heart rate.

Goldenrod is a diuretic herb that reduces fluid retention. It tonifies weak and tired kidneys. It also strengthens

the urinary system, restoring blood flow to the kidneys and improving urinary filtering ability.

L-Arginine is an amino acid generally necessary for the repair and replication of cells. Additionally, cells in the lining of the blood vessels produce nitric oxide as a messenger chemical to cause vasodilation. Nitric oxide requires arginine for synthesis, so low levels of arginine can cause vasoconstriction. Arginine helps stimulate nitric oxide production and vasodilation. As arteries dilate (or open up) blood pressure is reduced.

Blood Pressurex also contains two antioxidants that help prevent free radical damage to blood vessels—vitamin E and Grapine (grape seed extract).

Vitamin E is a fat-soluble antioxidant, which means it protects a different range of tissues than the water-based antioxidants like Vitamin C. These include the fatty coverings of nerves and heart tissue. Vitamin E also maintains elasticity in the blood vessels and heart muscle and enhances the ability of red blood cells to carry oxygen.

Grape seed extract contains antioxidants which have been shown to be twice as powerful as Vitamin E. In addition, it specifically targets damage to the circulatory system and clinical trials have established its effectiveness in healing hemorrhages and ruptures in capillary walls, as well as the inflammation which contributes to plaque build-up in blood vessel walls.

Blood Pressurex has a slow, positive, cumulative effect, and should be taken for at least 2-3 months to allow it time to work. It should be used in conjunction with lifestyle changes for maximum benefit.

Usage: Bottle recommendations are 1 capsule with a meal three times daily. However, larger amounts (2-3 capsules three times daily) could be safely consumed and would produce a stronger effect. High doses of L-arginine may aggravate cold sores, canker sores and herpes in some people. L-lysine helps counteract this tendency.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
PDR for Nutritional Supplements by Thomson PDR
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by: