

## Blood Pressurex

(60 capsules)

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Blood Pressurex contains a powerful blend of herbs and nutrients that assist the body in regulating healthy blood pressure levels. Among its numerous health benefits, Blood Pressurex can help strengthen the heart, keep blood vessels dilated for optimal blood flow, decrease platelet aggregation, inhibit the oxidation of LDL cholesterol (which helps prevent the formation of artery-clogging plaque), and protect cardiovascular cells from free radical damage. Blood Pressurex contains:

**Coleus forskohlii** has been used in Ayurvedic medicine for centuries as a natural remedy for heart disease. Coleus forskohlii contains a substance known as forskolin that appears to be responsible for the herb's ability to reduce blood pressure. Today, physicians in India use forskolin to treat angina, heart failure and hypertension (high blood pressure). Research shows forskolin has the potential to not only reduce both systolic and diastolic blood pressure, but also to strengthen the heart muscle, thus improving its function and enhancing blood flow throughout the body.<sup>1-4</sup>

**Golden rod** contains flavonoids and saponins that provide a diuretic action on the kidneys, promoting fluid elimination. This action is achieved without stimulating the loss of sodium and chloride, thus golden rod is considered safer than many synthetic diuretics which promote the loss of electrolytes. Golden rod has also demonstrated anti-inflammatory activity and is approved by the German Commission E for use as a diuretic, anti-inflammatory and mild antispasmodic. In addition, golden rod is widely used in Europe to treat inflammation of the urinary tract, as well as to help prevent formation of and promote the elimination of kidney stones.<sup>5,6</sup>

**Grape seed extract** is a rich source of plant flavonoids called proanthocyanidins. The powerful antioxidant activity of these proanthocyanidins is approximately 50 times stronger than that of vitamins C and E. Many grape seed proanthocyanidins can cross the blood-brain barrier to protect brain cells and nerve endings against free radical damage caused by exposure to air pollution, certain carcinogenic chemicals, tobacco smoke and ultraviolet light. In addition, double-blind research conducted in France has shown that grape seed extract strengthens capillaries and has shown good effects in the treatment of chronic venous insufficiency.<sup>7-10</sup>

**Hawthorn berries** are commonly used throughout Europe for their cardiovascular activity—they provide a combination of effects that are beneficial for angina and other heart problems. Specifically, hawthorn berries reduce blood pressure and serum cholesterol levels, improve blood flow and oxygen supply to the heart, and offer significant protection against the development of atherosclerosis. In addition, hawthorn berries may be beneficial, either alone or in conjunction with CoQ10, in the treatment of mild to moderate heart failure.<sup>5,11,12</sup>

**L-arginine** has been shown in animal studies to help reduce high plasma cholesterol levels and aid in the treatment of atherosclerosis (hardening of the arteries). Arginine is a precursor to nitric oxide, which is needed by the body to keep blood vessels dilated, thus allowing the heart to receive adequate oxygen. Arginine also appears to function as a natural blood thinner by decreasing platelet aggregation.<sup>13,14</sup>

**Olive leaf extract** has been shown in numerous animal studies to provide hypotensive (blood pressure-lowering) properties and inhibits the oxidation of LDL cholesterol, which helps to prevent the formation of plaque that can clog arteries and cause heart disease. Clinical trials have confirmed that olive leaf extract lowers blood pressure, normalizes heart beat irregularities (arrhythmias), relieves angina pain, and enhances circulatory system function, improving blood flow in cardiovascular and peripheral vascular disorders. In addition, researchers have determined that a bitter glucoside known as oleuropein is a powerful antioxidant and the compound responsible for olive leaf extract's ability to successfully inhibit oxidation of LDL cholesterol.<sup>2,15-19</sup>

**Vitamin E** is a powerful antioxidant that protects LDL cholesterol from oxidation, which may reduce the risk of heart disease. Studies published in the *New England Journal of Medicine* have shown that vitamin E supplementation can reduce the risk of heart disease by up to 41%. Research has also found that vitamin E can reduce the risk of nonfatal heart attacks by up to 77%, according to a double-blind study published in *Lancet*.<sup>10,20-22</sup>

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