



Blood Pressure Relief™



A Novel and Superior Formula for the Relief of Blood Pressure

- Lowers blood pressure through a variety of mechanisms
- Induces vasodilation by increasing nitric oxide production
 - Improves blood vessel elasticity
 - Promotes more efficient pumping by the heart

Reigning in Hypertension

Hypertension is a growing problem in North America, affecting about 1 in 5 people in the United States alone. What's worse is that 30% of those affected aren't even aware that they have high blood pressure. Left uncontrolled hypertension can lead to a variety of serious health problems. Blood Pressure Relief™ from AOR can help control hypertension and reduce the risk of cardiovascular complications.

Beat High Blood Pressure with Vegetables

Diets rich in fruits and vegetables are known to benefit cardiovascular health and to help reduce high blood pressure. The key to these anti-hypertensive properties are nitrates, which are especially prevalent in green leafy vegetables. In the body, nitrates are converted to nitrites and then to nitric oxide. Nitric oxide is a potent blood vessel dilator, and has been shown to reduce blood pressure in hypertensive individuals.

Other BP Lowering Ingredients

Besides nitrates, numerous other natural ingredients have been shown to help reduce hypertension through a variety of different mechanisms. Blood Pressure Relief™ contains three additional ingredients that help to make it one of the most complete and effective hypertension reducing products available. These include GABA (Gamma aminobutyric acid), hibiscus extract and chlorogenic acid.

60 Vegi-Caps

Serving Size:	2 Capsules
Chlorogenic acid	140 mg
Hibiscus sabdariffa extract (15% anthocyanins)	64 mg
Mixed vegetable concentrate (beet, spinach, broccoli, cabbage, celery, kale, parsley)	500 mg
Potassium nitrate	259 mg
GABA	80 mg
Vitamin C	100 mg

Key Features:

Nitric oxide increasing formula
Increases vasodilation and lowers blood pressure

Suggested Use:

Take two capsules per day with food, or as directed by a qualified health care professional.

Main Indications:

Hypertension
Cardiovascular health

Cautions:

Do not use with erectile-dysfunction type products

Pregnancy / Nursing:

Do not take.

Source:

Multi-sourced

Complementary Products:

Cardio Mag 2.0, Cardana, Hawthorn

Advanced
Orthomolecular Research

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& Scientific Integrity

AOR™ 3900 – 12th Street NE, Calgary, AB T2E 8H9



Blood Pressure Relief™

The Silent Killer

High Blood Pressure, or hypertension, is referred to as a "silent killer" because it can be deadly, but in the early stages is usually without noticeable symptoms. Hypertension can lead to serious health problems such as heart disease, kidney disease, stroke and heart attack. It has been estimated that a reduction of 5 mmHg in systolic BP could reduce stroke mortality by 14% and decrease cardiovascular disease mortality by 9%.

Blood Pressure Relief™ from AOR includes a combination of natural ingredients designed to help those with prehypertension or hypertension to lower their systolic and diastolic blood pressure, thereby supporting a healthy cardiovascular system.

The Power of Nitric Oxide

Clinical trials have shown that diets high in fruits and vegetables can reduce blood pressure and the incidence of heart attack and stroke. The DASH diet, or "Dietary Approaches to Stop Hypertension", is commonly recommended to individuals with hypertension. The main features of the DASH diet are a reduced sodium intake and the consumption of 8-10 servings of fruits and especially vegetables daily. The most dramatic blood pressure lowering effects have been associated with dark leafy vegetables, like beetroot, spinach and lettuce, which are high in nitrate content. Nitrates are converted by the body into nitrites, which are then converted into nitric oxide (NO), this pathway is called the nitrate-nitrite-NO or NOx_{3, 2, 1} pathway.

NO is a very important molecule in the body, and is vital for the proper functioning of the cardiovascular system. Primarily it is a potent vasodilator, meaning that it widens the blood vessels, thereby reducing blood pressure. Furthermore, NO helps to improve blood vessel elasticity, improve the function of the cells lining the blood vessels (endothelial cells), prevent blood vessel inflammation and inhibit platelet aggregation.

The problem is that many people find it very difficult to include a full 4-6 servings of vegetables, especially the highly beneficial leafy green ones, in their daily diet. Blood Pressure Relief™ includes not only potassium nitrate as a direct source of nitrates, but also a proprietary nitric oxide generating veggie powder, to maximize NO production and reduce hypertension. The formula also includes vitamin C, which has been shown to prevent the development of nitrate tolerance.

GABA - GABA is a key inhibitory neurotransmitter in the brain. It is well known for its anti-anxiety effects, but is less often recognized for its effectiveness as an anti-hypertensive agent. In one Japanese study, supplementation with 80mg of GABA daily for 8 weeks reduced systolic BP by an average of 10 mmHg and diastolic BP by 5 mmHg in 50 individuals with mild hypertension (systolic BP ranging from 130 to 180 mmHg).

Hibiscus - Hibiscus is a highly effective natural blood pressure reducer. In one study including 54 human subjects, treatment with a hibiscus tea produced dramatic improvements in their blood pressure in just 12 days. Systolic blood pressure was reduced by 11.2% and diastolic blood pressure by 10.7%. In another study, supplementation with Hibiscus (standardized to contain 9.6mg anthocyanins) was found to be as effective as the drug captopril at lowering blood pressure. Patients taking hibiscus for 4 weeks experienced a reduction in systolic blood pressure from 139.05 to 123.73 mmHg and in diastolic BP from 90.81 to 79.52 mmHg, on average. Furthermore, their blood pressure levels were not significantly different from the group taking captopril. Hibiscus acts to reduce blood pressure through at least three different mechanisms, including vasodilation (possibly through an NO mediated pathway), a diuretic effect, and through the inhibition of angiotensin converting enzyme (ACE).

Chlorogenic Acid - Chlorogenic acids are found in high quantities in green coffee beans. Research has demonstrated that chlorogenic acid significantly reduces systolic and diastolic blood pressure in patients with mild hypertension. In rats, chlorogenic acid also helped to prevent the negative effects of hypertension including endothelial dysfunction and vascular hypertrophy. In a study including 117 men with mild hypertension, supplementation with 180mg of chlorogenic acid for 28 days resulted in significant 5.6 mmHg and 3.9 mmHg decreases in systolic and diastolic blood pressure respectively.