

HYPERTENSION PROTOCOL



About 1 in every 4 American adults has high blood pressure, also called hypertension, which is a major risk factor for heart and kidney diseases, stroke and heart failure. High blood pressure is especially dangerous because it often gives no warning signs or symptoms. Fortunately, blood pressure levels can be monitored by having blood pressure checked on a regular basis. If it is high, steps can be taken to lower it. If blood pressure is normal, it is important to be aware of and understand factors that are key to maintaining normal levels.

WAYS OF LOWERING BLOOD PRESSURE

Lifestyle modification is first and foremost in prevention and management of hypertension. The following are specific guidelines to help reduce blood pressure:

- Weight loss if overweight
- Limit or reduce alcohol intake
- Regular aerobic physical activity
- Reduce sodium intake
- Adequate intake of potassium
- Adequate intake of calcium and magnesium
- Reduce Stress
- Smoking cessation
- Reduced intake of dietary saturated fat and cholesterol

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In addition to the above listed guidelines, it is also helpful to introduce a nutritional supplementation program.

These nutritional supplements help maintain healthy blood pressure within the normal range. They also support systemic balance in the cardiovascular system responsible for regulating blood flow and blood pressure. They have been reported to support healthy circulation responsible for adequate flow of blood to the heart and extremities. The supplements facilitate healthy pumping action of the heart and the body's ability to regulate heartbeat. As well, they promote coronary artery health and integrity.

RECOMMENDATIONS

The supplements in the listed protocol are a general recommendation with an average dosage. By using the

CustomVite program, our team of nutritionists has the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. While monitoring the patient's blood pressure levels, either the practitioner or CustomVite has the ability to change dosage levels from one order to the next. The CustomVite nutritional supplement program can help improve your patient's overall nutritional status.

SUPPLEMENT	DOSAGE
Vitamin C (Ascorbic acid)	1000 mg
Vitamin D (Cholecalciferol)	800 IU
Vitamin E (Natural - Succinate)	400 IU
Mixed Tocopherols (alpha, beta, and gamma)	200 IU
Thiamin (Vitamin B1)	100 mg
Riboflavin (Vitamin B2)	100 mg
Niacin (Niacinamide) (Vitamin B3)	100 mg
Pyridoxine hydrochloride (Vitamin B6)	100 mg
Folic Acid	800 mcg
Methylcobalamin (Vitamin B12)	100 mcg
Biotin	300 mcg
Pantothenic Acid (Vitamin B5)	100 mg
Calcium (Citrate tetrahydrate)	800 mg
Magnesium (Amino Acid Chelate)	400 mg
Zinc (Chelazome Amino Acid Chelate)	25 mg
Copper (Amino Acid Chelate)	1 mg
Kelp	250 mg
Garlic Powder	100 mg
Hawthorne Extract	160 mg
Co-Enzyme Q-10	100 mg
Natural Fish Oil	2000 mg
L-Arginine	5000 mg
L-Carnitine	1000 mg
N-Acetyl-Cysteine (NAC)	1000 mg
Taurine	1000 mg
Lipoic Acid	200 mg
Lycopene	10 mg

WHERE SCIENCE MEETS NUTRITION®

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