

CLINICAL PROTOCOLS

BLOOD PRESSURE

A Suggested Nutritional Protocol for Blood Pressure Support

Cardio-Stolix™

Backed by clinical studies; Cardio-Stolix™ is a blend of natural ingredients including a unique milk derived peptide, grape seed extract, herbs, vitamins, minerals and amino acids designed to support the body's natural blood pressure regulatory mechanism and maintain proper cardiovascular function.

Suggested usage: *4 capsules daily.*

Citrus Solu-Q™

100mgs of natural coenzyme Q10 in a patented, self-assembling nano-colloid delivery system for enhanced absorption. This gelatin Caplique™ product has been studied in a clinical trial with proven greater absorption when compared with other CoQ10 products.

Suggested Usage: *One Caplique™ daily.*

OR

Ubiquinol-QH 100mg (Pure Encapsulations)

Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q10. This 100mg soft-gel is great for seniors and/or those looking to assist in lowering blood pressure.

Suggested usage: *One to two softgels daily, with meals.*

EPA/DHA Essentials (Pure Encapsulations)

An ultra-pure, molecularly distilled fish oil concentrate; provides 1000mg of fish oil per serving. The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for cardiovascular function.

Suggested usage: *Two capsules daily, in divided doses, with meals.*

NSK-SD™ Nattokinase (Pure Encapsulations)

Promotes healthy fibrinolytic activity for healthy blood flow and cardiovascular function. Each vegetarian capsule contains 50mgs of nattokinase.

Suggested usage: *Take two vegetarian capsules daily 12 hours apart, with meals or between meals.*

Nitric Oxide Support Powder (Pure Encapsulations)

L-Arginine, a nitric oxide precursor, helps support healthy circulation and oxygen delivery throughout the body to working muscles. Citrulline helps to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise and enhances arginine and nitric oxide production.

Suggested usage: *1 scoop per day, mixed with water, 20 minutes before exercise.*

