

Guide to lower your Blood Pressure

Nonpharmacological Interventions

1. Weight Loss
 - a. Goal to reach ideal body weight if possible
 - b. Aim for at least a 1kg (2.2lbs) or more
 - c. Can expect about a 1 mm Hg decrease in blood pressure for every 1kg reduction in body weight
2. Healthy Diet
 - a. Consume a diet rich in fruits, vegetables, whole grains and low-fat (DASH diet or Mediterranean diet is best)
 - i. Ask the pharmacist for examples of each
3. Sodium Intake
 - a. Reduce dietary sodium to <1500mg a day.
 - b. Avoid foods high in sodium like canned soups, frozen dinners, processed foods, and limit additional salt with home cooked meals
4. Potassium Intake
 - a. Aim for about 3,500-5,000mg a day with a diet rich in potassium
 - i. Leafy greens, some fruits, beans, potatoes, yogurt
5. Physical Activity
 - a. Should engage in at least 150 minutes of activity spread out in 4-5 increments
 - i. Should contain a combination of aerobic exercises (running, swimming) and dynamic resistance training (bands or lifting weights)
6. Alcohol Consumption
 - a. Limit alcohol to:
 - i. Men \leq 2 drinks daily
 - ii. Women \leq 1 drinks daily
7. Smoking
 - a. Advise on stopping smoking

Agents that can increase your Blood Pressure

Alcohol	Immunosuppressants
ADHD agents	Oral contraceptives
Antidepressants	NSAIDs (Ibuprofen, Aleve)
Atypical Antipsychotics	Recreational drugs
Caffeine	Systemic corticosteroids
Decongestants (Sudaphed)	Angiogenesis inhibitors
Some herbal supplements	

****If you have any questions, please ask your pharmacist for additional advice****

Supplements That May Help Lower Your Blood Pressure

1. Arginine - Nonessential amino acid normal produced in the body

MOA: Arginine is converted to nitric oxide in the body, which is a potent vasodilator

Other benefits: Coronary artery disease (CAD) and/or angina, used to reduce high ammonia levels, heart failure, migraine headaches, and peripheral vascular disease (PAD)

Caution: If you have asthma, arginine may increase inflammation in the lungs, worsening your symptoms

Try our Pure Encapsulations **L-arginine** capsules, or if you are looking for a more complete option, we have **Amino-NR, Amino Replete, and Growth Hormone Support**.

2. Calcium - Common supplement used for bone health and is the most abundant mineral in the body

MOA: High calcium levels leads to an increase in sodium loss in the kidneys, leading to less fluid in your vessels, resulting in a lower blood pressure. Can also decrease parathyroid hormone which can also reduce blood pressure

Caution: If you are prone to kidney stones or taking HCTZ

Other benefits: Bone loss and osteoporosis prevention, high potassium levels, and premenstrual syndrome (PMS)

We have a **variety of calcium products** with or without vitamin D. Ask us what we think is best!

3. Co Q-10 - Levels of Co-Q10 decrease with age, and people with hypertension have been shown to have a low blood level of Co-Q10.

MOA: Common enzyme necessary for basic cell function.

We offer a **variety of Co Q-10 products**.

4. Hibiscus - A plant that has shown potential reduction of systolic and diastolic blood pressure

5. Omega-3 fatty acids - Commonly extracted from fish, which contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) components. DHA may have a greater reduction in blood pressure than EPA

Caution: Do not take if you are taking warfarin, Eliquis, Xarelto, Pradaxa, Plavix, Brilinta, Prasugel or aspirin as omega-3 will increase your chance of bleeding

Other benefits: high triglycerides, cardiovascular disease CVD (primary and secondary prevention), and rheumatoid arthritis (RA)

Try our Pure Encapsulations **DHA Ultimate** which contains no EPA or our **other omega-3 products**.

Citranox - Contains three different ingredients designed to reduce blood pressure.

1. Citrulline - An amino acid which is a precursor to arginine. Its role is important in the urea cycle and also produces nitric oxide, a potent vasodilator.
2. Quercetin - An antioxidant important in maintaining a normal inflammation balance.
3. Grape Seed Extract - Produces phenolic compounds that are found to have health benefit properties, especially cardiovascular health.

Supplements to Take With Your Blood Pressure Medications

HBP Rx support - contains both a multivitamin and enzyme combination to supplement the most important vitamins taken away from the body.

You are indicated for this supplement if you are currently taking HCTZ, furosemide, lisinopril, losartan, metoprolol and any equivalent in this class.

Formulated to:

1. Increase energy and prevent fatigue
2. Provides vitamins and minerals that are depleted from the body
3. Improves circulation
4. More “natural looking” ingredients which allows for maximum absorption
5. PH buffer to allow for max absorption in the small intestine

Magnesium - Valuable mineral in the body that helps with nerves, muscle function, immune system, heart, bones, and more.

You are indicated to take magnesium if you currently are taking a diuretic.