



Bio-Bloodpressure + potassium

What is Bio-Bloodpressure?

Bio-Bloodpressure is a dietary supplement consisting of capsules and tablets. The capsules are dark brown gelatin capsules each containing a unique combination of coenzyme Q10, pycnogenol and vitamin D. The tablets are oval, white and contain a potassium salt.

Bio-Bloodpressure helps to maintain normal blood pressure and also muscle and nerve function.

What is potassium?

Potassium is an essential mineral, where the majority (98%) are found inside the body's cells. Potassium is an electrolyte, ie. an electrically charged atom, which together with the mineral sodium helps to maintain the body's fluid and salt balance. If we consume too much salt we get too much sodium that retains water in the body. This leads to an increased blood volume which in turn will increase blood pressure. The more potassium we consume the more sodium is excreted through the urine.

In our food we get potassium from vegetables and fruit, fish, whole-grain and yogurt

What is Vitamin D?

Vitamin D is a fat soluble vitamin involved in a number

of important functions in the body like for example contributing to cell division, a normal immune system, muscle function and uptake and utilization of calcium, etc.

There are several types of vitamin D. The type used in Bio-Bloodpressure is vitamin D3 which, depending on type of measurement is 56-87% more effective than vitamin D2 to raise vitamin D content in the blood.

What is Co-enzyme Q10?

Coenzyme Q10 is a vitamin-like substance concentrated in the mitochondria of the cells. Q10 contributes actively in the conversion of nutrients from our food into ATP (adenosine triphosphate), a molecule that stores energy in its chemical form.



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2 capsules contain

		% RDA
Co-enzyme Q10 (ubiquinone) dissolved in vegetable oil	100 mg	*)
Pycnogenol	30 mg	*)
Vitamin D ₃	20 µg	400%

1 tablet contains

Potassium	300 mg	15%
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*) RDA (Recommended daily allowance) not established

Recommended dosage

2 capsules and 1 tablet per day unless otherwise advised. Swallow whole, preferably during/after a meal. Do not exceed the recommended daily dosage. Not suitable for children under 10 years.

A dietary supplement is no substitute for a varied diet.

In order to maintain good health a healthy lifestyle and a balanced diet is important.

Ingredients capsules

Vegetable palm oil*, gelatin, glycerol, coenzyme Q10 (ubidecarenone), ammonia caramel, purified water, Pycnogenol (Pinus pinaster A), cholecalciferol.

Ingredients tablets

Potassium chloride, microcrystalline cellulose, tricalcium phosphate, hypromellose, silicon dioxide, talc, titanium dioxide, magnesium salts of fatty acids.

* Extracted from freshly picked, ripe palm fruits from certified, sustainable plantation.

Storage

Dark, dry and at room temperature. Keep out of reach of young children.

Especially muscle cells require large amounts of energy, and therefore they contain significantly more mitochondria than other cell types. The cardiac muscle is a good example of body tissues where the cells contain many mitochondria, due to a great energy need.

We are able to synthesize some Q10 in the liver. This production peaks at the age of 20-25 years from which point it begins on a downward slope.

Unique quality of Q10

The Q10 used in Bio-Bloodpressure is identical to the type our body is able to make. It is dissolved in a vegetable oil solution and exposed to a patented heating process that makes the Q10 molecules able to dissolve entirely at normal body temperature. This is the reason why the Q10 in Bio-Bloodpressure can deliver such superior bio-availability of this substance.

What is pycnogenol?

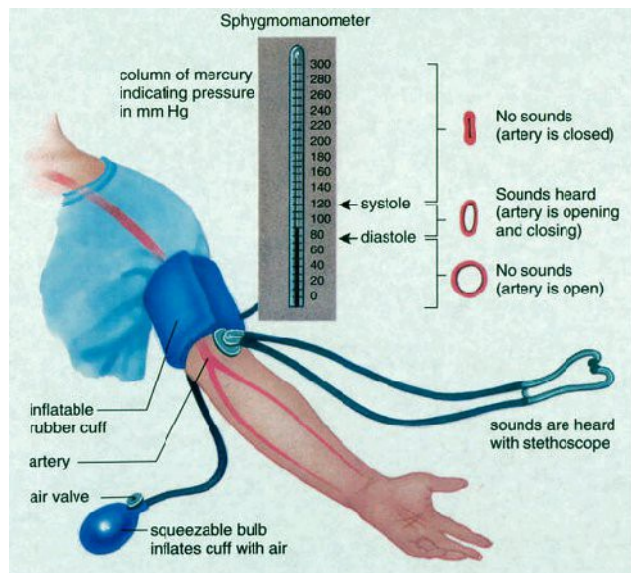
Pycnogenol is a patented extract made from the bark of the French maritime pine tree *Pinus pinaster*. The bark contains many different types of bioflavonoids, for example catechin, epicatechin, flavones and taxifolin. Pycnogenol also contains a variety of fruit acids, including caffeic acid, ferulic acid, gallic acid, coumaric acid and vanillic acid. The extract is standardized to a 70%±5% content of some of the active plant substances. Pycnogenol has been on the market for over 40 years. The substance has been investigated in a wide range of scientific studies. Pycnogenol has antioxidant properties and has been labeled GRAS (Generally Recognized As Safe) by independent toxicology experts. This means that it is regarded as completely safe for human consumption.

What is blood pressure?

When the heart pumps (contracts) the blood pressure in

the artery walls rises and when the heart relaxes the pressure falls. The pressure when the heart contracts is called the systolic pressure and the pressure when relaxing is called the diastolic pressure. A normal systolic blood pressure will, at rest, lie between 100-140 and the diastolic lie between 60-90.

If the blood pressure is higher than 140/90 mmHg at rest, it is considered a high blood pressure. A high blood pressure only rarely gives any symptoms.



Helps to maintain normal blood pressure

- Measure your blood pressure regularly
- Do not smoke
- Obtain a normal body weight
- Eat healthy food reducing salt, fat and calories
- Do not drink too much alcohol
- Exercise regularly
- Take Bio-Bloodpressure every day