



## BP Plus\*

**BP Plus\*** is a unique combination of vitamins, minerals and herbals designed to support blood pressure within normal ranges.\*

**BP Plus\* supports:**

- Antioxidants for heart health\*
- Cardiac tone and vascular integrity\*
- Healthy blood pressure\*
- Healthy heart function\*
- Proper vasodilation\*
- Nitric oxide (NO) production to support healthy blood flow\*

**BP Plus\*** is a unique formulation in that it targets multiple pathways and important metabolic functions, including the angiotensin converting enzyme (ACE) and endothelial nitric oxide synthase (eNOS); the enzyme that produces nitric oxide.\*

**Ingredients of interest:**

**Arjuna**, also known as Terminalia arjuna, has been the herb of choice in Ayurvedic remedies for cardiovascular health for over three centuries.\* It provides antioxidant activity and vascular support due to the fact that it is rich in saponins and antioxidant bioflavonoids.\* Saponins are phytosterol compounds derived from natural plants. Saponins help to break down the high molecular fats in foods whose absorption contributes to blood pressure challenges.\* Arjuna has been shown to have a vasorelaxant effect which helps support blood pressure.\*

**Celery Seed Extract** is an Ayurvedic remedy used primarily as a diuretic. It contains an ingredient called phthalide which is a compound that relaxes smooth muscles in the vessel walls causing them to dilate and allow blood to flow more easily.\* It also supports stress hormone production management, including the catecholamines (cat-a-cole-amines) epinephrine and norepinephrine.\*

**Cocoa Bean Extract** contains antioxidant flavonoids that support blood vessel flexibility and circulation by addressing endothelial function, which increases blood flow.\*

**Hawthorn** has been used traditionally for cardiovascular support in many cultures.\* It is believed that the herb dilates coronary blood vessels to support healthy blood pressure.\* It contains a number of antioxidant constituents, including flavonoids, catechins, triterpene saponins, amines, and PCO's (proanthocyanadins). As a vasodilator and antioxidant Hawthorn supports blood vessel flexibility and elasticity.\*

**MegaNatural®-BP Grape Seed Extract** is a patented grape seed extract shown to support blood pressure and healthy arterial function through research and human clinical trials conducted at the Department of Preventive Cardiology at the University of California at Davis Medical School.\* Research using animal models indicates that MegaNatural®-BP activates the enzyme nitric oxide synthase (NOS) to produce nitric oxide (NO), which causes an endothelium-dependent relaxation of the blood vessels to support healthy blood flow.\* Research has shown that MegaNatural®-BP Grape Seed Extract is unique in its structure and composition, and may have greater bioavailability and absorption compared to other grape seed extracts.\*

**P40P™ Pomegranate Extract** is a branded pomegranate extract standardized to 40% punicosides. It contains antioxidants and natural compounds that help protect against free radicals typically created

during the natural biological process of oxidation thus helping to support healthy cholesterol.\* Studies have shown that supplementing with pomegranate extract supports healthy systolic blood pressure and lipid profile.\*

**Magnesium** helps to relax the blood vessels, support healthy blood pressure and maintain the integrity of blood vessel walls.\*

**Olive Leaf Extract and Vitamin C** have been shown to relax blood vessels.\* Both are antioxidants that help neutralize cell-damaging free radicals.\* Vitamin C also supports the body's supply of nitric oxide.\*

**BP Plus\*** is a vegetarian product. It supports healthy blood pressure by supporting the balance of multiple mechanisms that have a positive impact on the cardiovascular system.\*

**Supplement Facts**

**Serving Size 2 Capsules**

**Amount Per Serving**

Vitamin C (as Ascorbyl Palmitate)	20 mg
Magnesium (as Mg Citrate)	100 mg
Hawthorn (Crataegus pinnatifida) Flower and Leaf Extract	250 mg
Olive (Olea europea) Leaf Extract	50 mg
MegaNatural®-BP Grape Seed Extract	75 mg
P40P™ Pomegranate (Punica granatum) Extract	25 mg
Cocoa (Theobroma cacao) Bean Extract	83.5 mg
Celery (Apium graveolens) Seed Extract	75 mg
Arjuna (Terminalia arjuna) Bark Extract	100 mg
Lycopene	2.5 mg

Other Ingredients: vegetable cellulose (capsule), microcrystalline cellulose.

**Warning:** Hawthorn may potentiate the action of digitalis. If taking prescription heart medications, or are pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 2 capsules twice daily, or as directed by your healthcare practitioner.



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02RV84A.120

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