



## BPW - Blood Pressure Wellness

A Natural Solution for  
Hypertension Prevention & Balance

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### Facts

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High Blood Pressure (BP) is often referred to as the “Silent Killer” because you may feel fine but it quickly sneaks up on you, damaging your blood vessels without causing pain until it’s too late. This disaster strikes in the form of a weakened heart, kidney, and circulation problems that can wreck havoc in your heart, brain and eyes.<sup>1</sup>

Elevated blood pressure (BP) or hypertension is a major risk factor for a heart attack or stroke. It is generally regarded as the number one most significant risk factor for stroke. More than 70 million Americans (1 in 3) have high BP, including more than half (54.3%) of all Americans 65 to 74 years of age and almost three-quarters (71.8%) of all African Americans in the same age group.<sup>2</sup> Of all the people who have high Blood Pressure only about one half have it under control.

### Are Drugs the Answer?

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Drugs to lower BP are among the most commonly prescribed medicines in the U.S. More than 678 million BP prescriptions were filled in 2010. All the current classes of drugs possess significant side effects. One such study was published in the esteemed journal, *STROKE*, shows that Blood Pressure medications increased the risk of stroke by 248%. Another interesting fact – the risk of stroke went up 33% with each additional Blood Pressure medicine used.<sup>2</sup>

Drugs such as ACE inhibitors, angiotensin receptor blockers, calcium-channel blockers, beta blockers and diuretics are usually the drug of choice. Often a trial and error approach is taken and sometimes one may be on 4 to 6 medications at once. Side effects can include **plummeting sodium, creatine, urea and potassium levels, insomnia, dizziness, nausea, gastro intestinal bleeding, bleeding gums, confusion, irregular heartbeat, kidney failure and erectile dysfunction.** Doctors are not to blame because they often see patients who need critical immediate care. Unfortunately, many doctors do not have a basic understanding of nutrition even though changes to diet and lifestyle are scientifically and medically proven to help control Blood Pressure. These take time but the alternative is continuing down the path of medications for the rest of your life.

### The Natural Alternative

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Recent research is showing that a special standardized Olive Leaf extract has a truly remarkable ability to lower Blood Pressure, promote balanced LDL cholesterol and triglyceride levels, revitalize aging arteries and boost overall heart health.<sup>3,4,5,6,7,8</sup> The medical use of the fruit and leaves of the Olive tree (*Olea europaea*) actually dates back thousands of years. Early references to its healthful properties can be found in the Bible. “The fruit thereof shall be for meat, and the leaf thereof for medicine.” (Ezekiel 47:12) The lesser hyped olive leaf may, in fact, possess the olive tree’s most powerful healing attributes.

### The Secret Behind the Olive Leaf: Health Promoting Properties

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The secret is a compound called **oleuropein** that is found both in olive oil and in particularly high concentrations in olive leaves. Scientists have known since the 1950’s that **oleuropein** has the ability to fight free radicals and support healthy blood vessels. Recent research has revealed how effectively a highly purified olive leaf extract can help promote balanced Blood Pressure, normal cholesterol and triglyceride levels, and optimal overall cardiovascular health.<sup>9</sup>



## How New Spirit Naturals Blood Pressure Wellness Product Works

It works in several different ways to keep Blood Pressure under control. Oleuropein, the active component in olive leaf, has been shown to promote vasodilatation. This is a process by which blood vessels relax and expand to accommodate blood flow through the vessels.<sup>10</sup> It may also help enhance production of nitric oxide (NO) the messenger molecule that cause vasodilatation.<sup>11, 12</sup> It also helps to inhibit ACE, an enzyme that causes Blood Pressure spikes.<sup>13</sup> There are additional polyphenols found in the olive leaf. Some of which act as strong antioxidants that help reduce oxidative stress which is implicated in Blood Pressure imbalance.<sup>14</sup> Only special standardized olive leaf extract (containing high levels of oleuropein and extracted by special proprietary technology and then purified and concentrated) has been selected for New Spirit Naturals' Blood Pressure Wellness (BPW) product to deliver affordable and effective results. Our Blood Pressure Wellness (BPW) product contains an extra-strength 1,000 mg dose in every serving (two vegetarian capsules).

## Amazing Blood Pressure Clinical Results with Olive Leaf Extract

The study looked at 20 sets of identical twins with each twin assigned to a different group.<sup>3</sup> Two different tests were conducted.

### First Test (500mg's)

One group of participants were given 500 mg of olive leaf extract daily, while the control group were given only advice on lowering Blood Pressure with life style changes. Reduction in both systolic and diastolic blood pressure was observed in the group receiving olive leaf extract, while the control group actually saw slight increases. The olive leaf group began to see improvement as little as 7 days.<sup>3</sup>

### Second Test (1,000mg's)

Researchers compared the effects of a 500 mg daily dose and the same olive leaf extract at a 1000 mg dose. The results were astounding, those taking the 1000 mg dose of olive leaf extract saw dramatic reduction in both systolic and diastolic blood pressure, as well as reduction in total cholesterol and triglycerides after 8 weeks.<sup>3</sup> (Note: Two capsules of BPW contain 1,000mg. of standardized Olive Leaf Extract.)

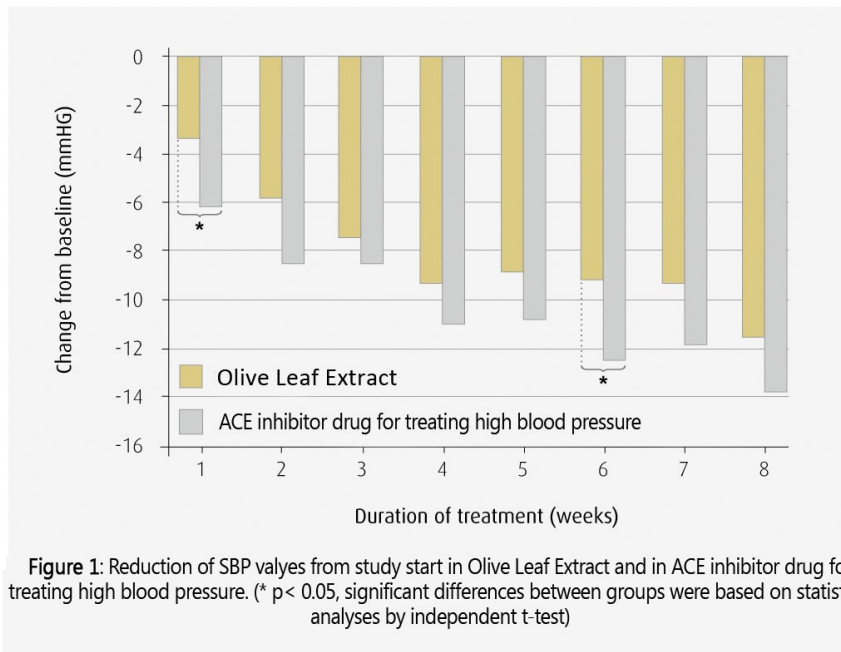


Figure 1: Reduction of SBP values from study start in Olive Leaf Extract and in ACE inhibitor drug for treating high blood pressure. (\* p < 0.05, significant differences between groups were based on statistical analyses by independent t-test)

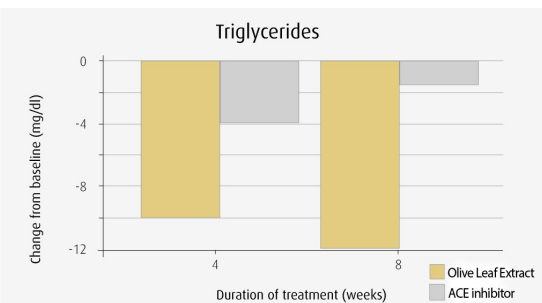
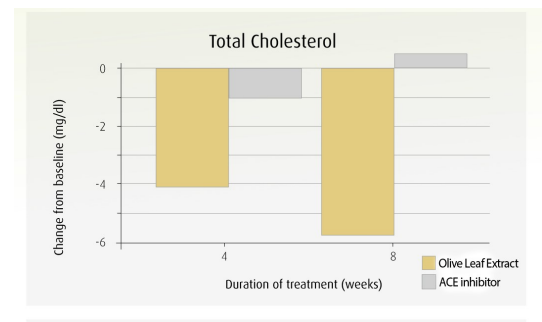


Figure 2: Reduction of total cholesterol and triglycerides values with respect to study start, after 4 and 8 weeks of intervention, in Olive Leaf Extract and in ACE inhibitor group.



## Additional Ingredients included in Blood Pressure Wellness

### Celery Seed

Our formula is enhanced with a special Celery Seed extract that naturally contains an important compound known as 3-n-butylphthalide or (3-NB) that gives celery its flavor. Researchers of the University of Chicago Medical Center identify it as the factor in celery that is responsible for its Blood Pressure lowering effect. This research was prompted by one of the researchers' father, who after eating a quarter-pound of celery each day for one week observed his Blood Pressure dropped from 158 over 96 to a normal reading of 118 over 82. Subsequent animal studies found a very small amount of 3-NB lowered Blood Pressure by 12 to 14 percent and cholesterol by about 7 percent.<sup>15</sup> Now a human study has confirmed that celery seed extract at 150 mg's per day resulted in a statistically significant decrease in both Systolic Blood Pressure (SBP) and Diastolic Blood Pressure (DBP) compared to baseline measurement. The change at week six for SBP was 8.2 mm Hg and for the DBP was 8.5 mm Hg with no reported side effects.<sup>15</sup>

### A Side Note

Drugs like beta blockers, angiotensin converting enzyme (ACE) inhibitors, and calcium channel blockers tend to significantly lower the blood flow to the brain. This effect is helpful in reducing the likelihood of stroke yet often leaves patients taking these drugs feeling tired, depressed, dizzy, and forgetful. Celery extract on the other hand, has been shown to not only help prevent stroke in animal studies, but also improve blood flow and protect the brain and enhance energy production with the brain.<sup>15</sup>

### Gynostemma pentaphyllum

This adaptogen is reported to help the body maintain optimal homeostasis. It contains over 100 different gypenosides and saponins and has acquired the name "**immortality herb**". Purported adaptogenic effects include regulating blood pressure, improving stamina and endurance and immune system balance.<sup>17</sup> The adaptogenic nature of gypenosides has been found to keep Blood Pressure in a normal range. In vitro studies indicate that it stimulates the release of Nitric Oxide in isolated heart cells – a proposed mechanism by which it reduces Blood Pressure. In a double blind study, gypenosides administered to those with Stage II hypertension showed 82% effectiveness in reducing hypertension compared to 93% for Indapamide ( a hypertension drug).

### Magnesium Citrate - A Supportive Mineral

New Spirit Naturals' formula contains magnesium which is critical for healthy Blood Pressure. Magnesium helps lower blood volume, supports the relaxation of blood vessels, as well as, keeping the lining of your blood vessels small and elastic.<sup>16</sup> At least 50 percent of Americans are low in this mineral according to a National Health Examination Survey. Approximately two thirds of seniors 71 and over are not getting enough of this critical nutrient. Eating more green leafy vegetables, whole grains, nuts and beans can help raise magnesium

### Arginine

Helps create Nitric Oxide which causes blood vessels to relax and dilate, which lowers blood pressure.

**Blood Pressure Wellness**

- Supports optimal cardiovascular health.<sup>†</sup>
- Helps maintain healthy blood pressure already within the normal range.<sup>†</sup>
- Made with clinically studied extracts.<sup>†</sup>

**Directions:** Take one capsule in the AM and one capsule in the PM or as directed by a health care professional.

**Warning: KEEP OUT OF REACH OF CHILDREN.** Keep tightly closed and store in a cool dry place.

Made in a facility that manufactures products using soybeans, milk, wheat, fish, shellfish, and tree nuts.

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**Supplement Facts**

Serving Size: 1 Capsule  
Servings per bottle: 60

	Amt Per Serving	%DV*
Magnesium Citrate (16%)	75mg	18%
Olive Leaf Extract ( <i>Olea Europaea</i> L.)	500mg	†
Arterial Wellness Blend:	165mg	†
L-Arginine HCl, Celery seed ( <i>Apium graveolens</i> ), Gynostemma ( <i>Gynostemma pentaphyllum</i> ) whole herb		

<sup>†</sup>Daily Value has not been established.  
<sup>\*</sup>Percent of Daily Value is based upon a 2000 calorie diet.

Other ingredients: Vegetable capsule and palm oil powder.

**BPW**

**Blood Pressure Wellness**

DIETARY SUPPLEMENT 60 CAPSULES

Barcode: 8 50002 67304 3

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Two capsules per day are recommended

*†These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, its is recommended that you consult with your healthcare professional before initiating a supplement program.*