



B.P. BALANCE AF™ Information and Instructions

A Safer, Easier Way to Normalize Blood Pressure Without Dreadful Side Effects That Helps Make High Blood Pressure Seem Like A Thing Of The Past!

B. P. Balance AF™ is the most advanced version of the original Chinese Medicine formula which is made from medicinal plants and provides a safer, easier way to help get to the root cause of your blood pressure issue, not just mask the symptoms like traditional BP medications do. It actually normalizes ones blood pressure without the harmful side effects of various drugs and pharmaceuticals. This 100% natural Chinese herbal supplemental remedy is formulated from rare authentic herbs blended in to perfect proportions.

Most users will experience a reduction of symptoms within four to eight weeks with some as quickly as 8 days. It is extremely important that you follow the instructions on the reverse side and take B. P. Balance AF™ **daily for a minimum of 90 days**. This will help you experience the long-term effectiveness of B. P. Balance AF™ on your blood pressure. The exact quantity of tablets to be taken will depend on your body and how it assimilates the herbs. In nature, everyone's body is uniquely different. It is important to start with the amounts recommended in your blood pressure range and add or subtract as needed for B. P. Balance AF™ to bring your blood pressure back into the normal range. **If you are taking prescription medication from a doctor, do not under any circumstances stop taking those med's without doctor supervision.** Once you have reached your unique dosage, you will find that it will maintain your blood pressure readings. Best of all, with B. P. Balance AF™ there are no known side effects.

B.P. BALANCE AF™ SOLUTION

- Addresses the cause, NOT just the symptoms.
- Contains only all natural herbal ingredients.
- Helps open the blood vessels and increases blood circulation.
- Helps maintain a lowered level of blood pressure continuously if it is taken on a regular basis. As with all herbs allow 60 to 90 days to experience maximum therapeutic effect.
- May help to lower blood pressure in less than a week.
- Helps reduce dizziness associated with blood pressure issue.
- Helps support relaxation and overall circulation
- Helps improve rest & sleep for those with rest and sleep disorders.
- There are no known physical side effects that are sometimes found in chemical medications, such as kidney damage, muscle cramps, gout, diabetes, stomach or pancreas malfunction and skin disorders.
- There have been no indications of side effects such as anxiety, depression, loss of ambition, memory loss or libido.
- There have been no known additional side effects or complications such as the ones caused by blood pressure medications which include fatigue, gout edema, nausea, elevated cholesterol, excessive thirst or weight gain.

The other effect that B. P. Balance AF has on the body is that when taken before bedtime, it may help improve sleep and may help overcome insomnia.

(continued on next page)



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HOW TO TAKE B. P. BALANCE

To help control high blood pressure, both the dosage and the time of taking the a natural **B. P. Balance AF™** is usually adjusted and/or modified for usage on an individual basis depending on one's unique absorption rate. As B. P. Balance AF™ has a relaxing effect on your cardiovascular systems, it is not recommended for morning use. The best times to take B. P. Balance AF™ are around dinner and before bed, spreading the dosage equally. Some people can also use it in the morning if they experience no tiring effects. The dosage should be increased or decreased by one pill at a time until you have reached your blood pressure goal of between the 120/80 and 110/70 plateau. Again, it is extremely important to find your unique threshold in order for the product to work best. However, try not to exceed 12 caplets a day **unless necessary** and make sure you monitor your pressure on a regular basis. Call us at **800-403-9493** with any questions. As your blood pressure improves and becomes stable, a user can then begin to taper off on the dosage (usually after 120 to 180 days if desired) always at one tablet at a time. For more stubborn blood pressure issues (160/98), it is recommended that you use our BP Control Tripack System which consist of **B. P. Balance AF™, Hyperten AF™ and NattoCare AF™** formula which was designed to give you greater stability in your BP management program. For those individuals who retain water, it is recommended that you utilize our **Kidney Support and Cleanse** herbal product which will safely and healthily remove excess water from your system without any harsh effects on your kidneys.

Below 140/90 – take 2 to 4 Vegetarian tablets daily as personally needed*

140/90 to 160/95 – take 5 to 8 Vegetarian tablets daily as personally needed*

161/96 or above – take 9 to 12 (or more) Vegetarian tablets daily as personally needed*

(* = add or subtract as needed)

Again, it is extremely important for those that are currently taking prescription blood pressure medicine from your family doctors to continue taking those meds and as your blood pressure decreases back into the normal range, then speak to your doctor your better reading.