



It's What's Inside That Makes The Difference!

B.P. MANAGEMENT SYSTEM™

Information and Instructions

BP Management System™ is a targeted nutritional combination designed to support normal blood pressure, endothelial function and cardiovascular health. Our ingredients in these two formulations are intended to work comprehensively to address the root causes of hypertension.

Hyperten AF™

NEW Hyperten AF™ Version 4 is the first choice of naturopathic doctor both in the US and Canada because it is safe, all natural and effective. When tested against Dr. Huang's BP Balance, Dr. Xiu's Holistrol, and Dr. Whitaker's BP Essential; Hyperten AF was found to be superior in performance and overall effectiveness. This exceptional formula contains the following ingredients which have been clinically shown (i.e.: Natural Standards Clinical Data Base) to be highly effective in lowering blood pressure: Terminalia Arjuna Bark Extract, Deer Antler Velvet Powder, Indian Snakeroot, Cordyceps Sinensis, Danshen Root, Lotus Embryo, Holy Leaf Extract, Eucommia Ulmoides Bark Extract, Theobroma Cacao Extract, Gypenosides, and Inula Racemosa Extract

Contropres AF™

NEW Contropres AF™ Version 3 is a blend of clinically proven herbs to control and manage blood pressure issue with a unique blend of nutraceuticals utilizing standardized European and Chinese herbs, manufactured in the USA, that clinically has been shown to help manage the function of blood pressure issues naturally and support a healthy cardiovascular function. It is a botanical alternative formulation which contains a blend of balanced nutraceuticals, which is the most complete and effective formula for the management of the body's blood pressure function. The formula contains a proprietary blend of Bonito Fish Peptide, Holy Leaf Tea, Magnesium, Celery Seed, Stevia Extract, Taurine, Coleus Forskholii Extract, Hawthorn Berry Extract, Daikon Radish Extract.

HOW TO TAKE THE BP MANAGEMENT SYSTEM

141/91 to 160/95 – take 12 Kosher capsules daily of each formula as personally needed*: Two (2) Hyperten AF™ and two (2) Contropres AF™ of each at breakfast, repeat at dinner, also take two (2) capsule of each formula at bedtime.

161/96 to 179/99 – take 16 Kosher capsules daily of each formula as personally needed*: Two (2) Hyperten AF™ and two (2) Contropres AF™ of each at breakfast, repeat at lunch and dinner, also take two (2) capsule of each formula at bedtime. It is also recommended that you use Nattocare AF™ to help stabilize your blood pressure at this level.

180/100 or higher - take 24 Kosher capsules daily of each formula as personally needed*: Three (3) Hyperten AF™ and three (3) Contropres AF™ of each at breakfast, lunch and dinner and three (3) at bedtime. It is also recommended that you also take our Nattocare AF™ and Kidney Support formulas to help stabilize your blood pressure at this level.

(* = add or subtract as needed)

NOTE: To help control your blood pressure, the **Hyperten AF™** and **Contropres AF™** dosages can usually be adjusted and/or modified for usage on an individual basis depending on one's unique absorption rate. The dosage should be increased or decreased by one capsule per formula 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. As with all herbal formulation it must be taken for a minimum of 90 days for full therapeutic results.

It is extremely important for those that are currently taking prescription blood pressure medicine from your family doctors to continue taking those meds. As your blood pressure decreases back into the normal range, you can then speak to your doctor about your better reading.