



# Health Matters

by  
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It's estimated that 70 million Americans are affected by high blood pressure (HBP), which greatly increases risk of heart attacks, strokes and/or kidney problems, costing an astounding \$46B a year in health-care services, meds and lost work.

We know that chronic stress, poor diet, lack of exercise and being overweight all contribute to HBP, which impedes our body's ability to make "nitric oxide", a signaling molecule that tells our arteries to relax, which can naturally boost circulation, reduce inflammation and lower blood pressure.

Clinical studies show that **Grape Seed Extract (OPC)** not only increases "nitric oxide", but also protects blood vessels from inflammatory free radicals, and prevents dangerous oxidation of LDL cholesterol, all of which reduces risk of heart attacks and stroke. In a recent Italian clinical study, 93% of those taking 300mg of **OPC** daily saw blood pressure numbers normalize.

As always, we guarantee your satisfaction.

Locally owned for 35 years

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