



# Health Matters

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

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

Clinical studies show that **Grape Seed Extract (OPC)** not only increases "nitric oxide", but also protects blood vessels from inflammation-causing free radicals and prevents dangerous oxidation of LDL cholesterol, reducing risk of heart attacks and stroke. A clinical study in Italy showed 93% of those taking 300mg of **OPC** daily normalized their blood pressure. Don't forget: February is "love-your-heart" month!

As always, we guarantee your satisfaction.

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