



Health Matters

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It's estimated that 70 million of us are affected by high blood pressure (HBP), which puts us at an increased risk of heart attacks, strokes and/or kidney problems. Costing an astounding \$46 billion a year, HBP greatly contributes to the already high costs of related health-care services, meds and lost work.

Clinical studies show that chronic stress, poor diet, lack of exercise and excess weight all contribute to HBP by inhibiting our body's ability to make "nitric oxide", a signaling molecule that relaxes our arteries, creating an environment that naturally boosts energy and circulation, as well as regulates blood pressure.

To control HBP, nutrition experts encourage eating more fruits and veggies, but research shows **beet root juice** directly increases "nitric oxide" levels with its broad spectrum of minerals, micro-nutrients and essential antioxidants. **Beet root juice** is available in capsules, a bottled organic juice and as a new, easy-to-use powder that's black cherry flavored!

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