

# High Blood Pressure

## Recommended Supplements\*\*

- ❑ **Essentials** (USANA) - Mega Antioxidant – 2 tablets am, 2 tablets pm  
- Chelated Minerals – 2 tablets am, 2 tablets pm
- ❑ **Active Calcium** (USANA) – 2 tablets 3 times per day
- ❑ **Coquinone** (USANA) – 1 capsule 3 times per day
- ❑ **PolyC** (USANA) – 2 to 3 grams per day
- ❑ **Proflavonol 90** (USANA) – 2-3 tablet 3 times per day with meals
- ❑ **OptOmega** (USANA) – 2 to 4 tsp. per day
- ❑ **Fibergy** (USANA) – 1 scoop in morning smoothie (with **Nutrimeal**).
- ❑ **Co-HYPERT** (PEKANA) – 15-20 drops 3 times per day
- ❑ **Apo-HEPAT** (PEKANA) – 15-20 drops 3 times per day
- ❑ **RENELIX** (PEKANA) – 15-20 drops 3 times per day

## Diet Considerations

A vegetarian diet of wholesome organic fruits and vegetables along with some whole grains and legumes is recommended in order to lower cholesterol intake and to increase the alkaline balance of the body. A great way to start the day is with a breakfast smoothie consisting of 3 scoops of **Nutrimeal**, along with your favorite fruits (banana, apple, orange, blueberries), and 2 teaspoonfuls of **OptOmega**. This provides a perfect, balanced meal with protein, extra fiber, essential fats, vitamins and minerals to start your day.

## Why we recommend USANA Products

We believe that USANA Health Sciences has developed and produced the most complete and balanced nutritional products on the market today. Based on Dr. Myron Wentz's knowledge of human cell culture technology, USANA has developed the most impressive science-based products available.

USANA strictly follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means they not only purchase pharmaceutical-grade raw products, but also manufacture the products according to tough pharmaceutical-quality guidelines. In addition, USANA Health Sciences follows USP guidelines for potency, uniformity, and dissolution of the tablet. In a nutshell, USANA manufactures their products to the strict standards of over-the-counter drugs even though not required to do so—assuring all of their customers and associates that what is on the label is actually in the tablet. We are also impressed that USANA is one of the only nutritional supplements listed in the Physicians Desk Reference (PDR).

Natural Healing House products are available at  
[www.naturalhealinghouse.com](http://www.naturalhealinghouse.com)  
or call (866) 300-5243

\*\* These nutritional supplement recommendations are not intended to treat, cure, or prevent any disease. In the event that you use this information on your own, you are prescribing for yourself, which is your constitutional right. Natural Healing House assumes no responsibility.