

Healthy Lifestyles

Supplements Can Support Healthier Blood Pressure

(NAPSA)—A new analysis of several clinical trials offers good news for those who are embracing a holistic approach to a healthier lifestyle.

According to the U.S. Department of Health and Human Services, maintaining a healthy weight, being physically active, following a heart-healthy diet, reducing salt intake, drinking alcohol in moderation and quitting smoking can all help to keep blood pressure from increasing.

In fact, the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure guidelines state that even a small reduction in blood pressure can help to prevent or reduce the incidence of major complications such as stroke and heart disease.

The analysis, published in the journal *Nutrition*, supports the effectiveness of milk-derived tripeptides for lowering blood pressure. Such tripeptides can be found in several nutritional supplements on the market today.

However, only one supplement, *ameal bp*, has been studied extensively, and contains two naturally derived lactotripeptides that have angiotensive properties. This means they can help to control the enzymes that can cause blood vessels to constrict, thus keeping blood pressure in a healthy range.



A growing number of people who are at risk for prehypertension are turning to nutritional supplements to help them maintain proper blood pressure levels.

It's estimated that 70 million Americans have prehypertension, which, if left unchecked, can lead to hypertension, increasing a person's chances of developing serious illness.

Given that the numbers of those with prehypertension and hypertension are on the rise, having a range of options, including natural supplements, along with diet and exercise, can be beneficial for maintaining healthier blood pressure.

Though *ameal bp* is not a prescription drug and not intended to replace current medication, several clinical studies have indicated that it has helped those who take it achieve and maintain healthier blood pressure levels.

For more information talk to a pharmacist.