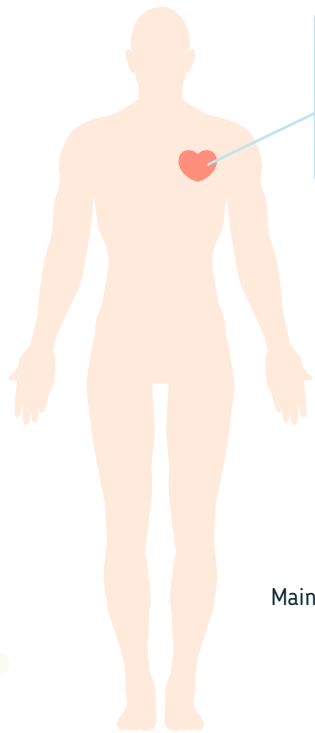


FACT

It's more important than ever to monitor your blood pressure from a young age.¹



AN ADULT HEART PUMPS APPROX. **2,000 GALLONS** OF BLOOD DAILY²



CARDIA STUDY

Exposure to high blood pressure for 25 years from young adulthood can lead to long-term damage to the heart's left ventricle by middle age.¹

GET CHECKED

If you're within the normal range, have your blood pressure checked once every 2 years.³



HYPERTENSION

Hypertension is the #1 cause of heart disease, heart attack & stroke⁴

159/99
140/90

PREHYPERTENSION

People with Prehypertension are likely to develop high blood pressure unless steps are taken to control it.⁶

139/89
120/80

NORMAL RANGE

Maintaining a normal Blood Pressure can add years to your life⁵

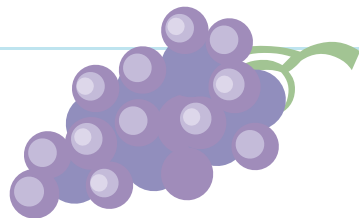
BELOW
120/80

HIGH BLOOD PRESSURE

DO YOU KNOW HOW YOUR NUMBERS STACK UP?

FACT

Family history can make you susceptible to Hypertension.⁷



GRAPES

One 300mg capsule of grape seed extract is equivalent to consuming 2 lbs of grapes.⁸



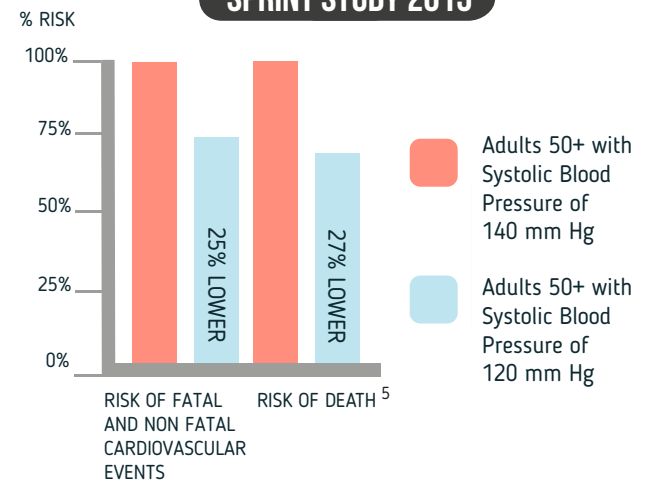
POLYPHENOLS

help maintain nitric oxide levels which maintain healthy blood flow and can support your sports nutrition needs.⁹



CERTAIN **POLYPHENOLS** HELP MAINTAIN **BLOOD PRESSURE** WITHIN A NORMAL RANGE¹⁰

SPRINT STUDY 2015



Hypertension affects **1 BILLION** adults worldwide¹¹



www.polyphenolics.com/contact-us

MegaNatural®-BP a unique form of grape seed extract that has been clinically shown to help maintain healthy blood pressure levels already within the normal range.

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³ American Heart Association. http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp#.VyuFYQrJQI
⁴ American Heart Association. http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/African-Americans-and-Heart-Disease_UCM_444863_Article.jsp
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⁶ American Heart Association. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=16&title=prehypertension
⁷ American Heart Association. http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRiskforHighBloodPressure/Understand-Your-Risk-for-High-Blood-Pressure_UCM_002052_Article.jsp#.VyuQJE32yDv
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 Park E, Edirisinghe I, Choy YY, Waterhouse A, Burton-Freeman B. Effects of grape seed extract beverage on blood pressure and metabolic indices in individuals with pre-hypertension: a randomised, double-blinded, two-arm, parallel, placebo-controlled trial. *Brit J Nutr.* 2016; 115: 226-38.
¹¹ US National Library of Medicine. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2650754/>