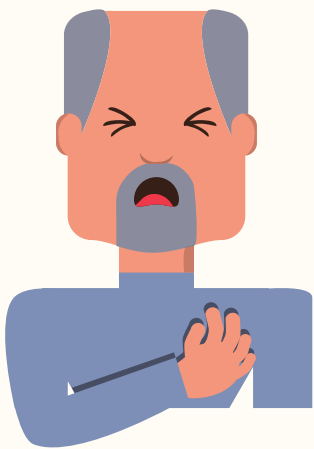


NUTRIENTS FOR BLOOD PRESSURE HEALTH

Research shows...



Magnesium (Mg)

benefits overall cardiovascular health, helps lower LDL (bad) cholesterol and raise HDL (good) cholesterol, reduces inflammation, clotting, and plaque formation in the arteries, helps regulate the heartbeat, decreases arterial stiffness, and has a protective effect against fatal heart disease

**47% LESS RISK of
Cardiovascular Death**
WITH HIGHER MG INTAKE VS LOWER

Gausch-Ferre et al. (2014)

The FDA recognizes that higher magnesium intake may reduce the risk of high blood pressure

Vitamin D

is important for smooth muscle function within the vascular pathways, blood pressure regulation, is anti-inflammatory, and protects against oxidative damage and atherosclerosis

Higher vitamin D level **combined with** higher magnesium intake has a stronger effect on lowering blood pressure than either alone!

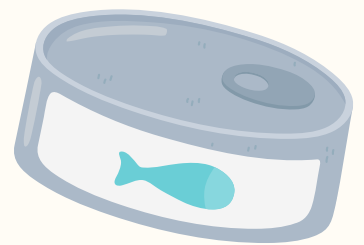


51% LOWER RATE
OF HIGH BLOOD PRESSURE
WITH VIT D LEVEL 50 NG/ML OR
MORE VS BELOW 40 NG/ML

GrassrootsHealth Prelim Data (2019)
Huang et al. (2022)

Omega-3 Fatty Acids

DHA+EPA are as or more effective for lowering blood pressure than other lifestyle-related interventions, including increasing physical activity and restricting alcohol and sodium Miller et al. (2014)



Higher Omega-3 Index = Lower Systolic & Diastolic
Blood Pressure

Are you getting enough?

Build your at-home Cardiovascular-Focused blood spot test kit to measure your levels of the above!



For more info or to test, go to grassrootshealth.net/bp