



Dear Doctor,

Please allow me to introduce a new dietary supplement from Shaklee Corporation that is designed to provide a more natural approach to help support arterial health and function as well as contribute to maintaining already healthy blood pressure levels. The product is intended to be used in conjunction with proven diet and lifestyle adjustments, in particular the DASH diet and weight loss as needed. We strongly urge all product users to discuss the usage of this product with their physicians, especially if blood pressure monitoring is occurring.

The DASH diet has long been accepted and recommended by physicians to help patients reduce blood pressure either with an antihypertensive medication or as a stand-alone intervention when blood pressure is only modestly elevated.<sup>i</sup> It was long thought that antioxidants were responsible for the DASH diet's proven ability to provide up to a 10 mm Hg drop in both systolic and diastolic pressures, but the latest research is showing that dietary inorganic nitrates may be the reason for its efficacy.<sup>ii</sup> Foods high in dietary inorganic nitrite and nitrate include: celery, beetroot, spinach, and others. In a meta-analysis of 16 clinical crossover studies, sodium nitrate and beetroot juice were able to significantly reduce systolic blood pressure.<sup>iii</sup>

Our Shaklee Blood Pressure, a two-tablet per day product, delivers 500 mg of inorganic nitrates from a proprietary 1,300 mg vegetable blend comprised of beetroot juice, spinach, and potassium nitrate. The product is designed to support already healthy blood pressure levels. The label and supplement facts are included below.

Distributed by  
Shaklee Corporation  
4747 Willow Road  
Pleasanton, CA 94588  
Product questions: 925.734.3638

**Caution:** If you have hypertension, cardiovascular disease or ED, consult with your physician before using this product. Do not discontinue any medications without discussing with your physician. This product is not intended for use by children, or by pregnant or breastfeeding women.

**IMPRINT AREA**





# Blood Pressure

Help support already healthy blood pressure.\*

Dietary Supplement      60 Tablets



**Directions:** Take 2 tablets daily.

Supplement Facts		
Serving Size: 2 Tablets		
Servings Per Container: 30		
	Amount Per Serving	% DV
Total Carbohydrate	1 g	<1%**
Vitamin C (as ascorbic acid)	100 mg	167%
Magnesium (as magnesium oxide)	200 mg	50%
Blood Pressure Support Blend:	1,300 mg	†
Potassium Nitrate, Quercetin ( <i>Sophora japonica</i> L.) (aerial parts), Beet Powder ( <i>Beta vulgaris</i> ) (root), Grape Extract ( <i>Vitis vinifera</i> ) (seed), Spinach Powder ( <i>Spinacia oleracea</i> ) (leaf).		

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, CROSCARMELOSE SODIUM, HYDROXYPROPYL METHYLCELLULOSE, HYDROXYLATED SOY LECITHIN.

Item #22067

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Dietary inorganic nitrates are generally believed to be quite safe. While there are no known drug interactions using supplemental dietary inorganic nitrates, caution is advisable in certain populations. Antihypertensive and cardiac drugs (including other organic nitrates) and supplemental nitrates may have potential additive effects; while side effects have not been described, they are theoretically possible. Monitoring of INR in patients taking Coumadin is also warranted. We believe adding in our supplemental inorganic nitrate formula can safely contribute to maintaining healthy blood pressure already in the normal range.



Shaklee has a long history in the nutritional supplement industry, beginning when our founder, Dr. Forrest C. Shaklee, first developed a multivitamin in 1915. Shaklee Corporation was founded in 1956 and is committed to creating products that are relevant to supporting people's health and well-being.

Thank you for your time and please feel free to contact me with any questions you may have.

Sincerely,

A handwritten signature in black ink that reads "Dr. Jamie McManus". The signature is written in a cursive, flowing style.

Jamie McManus, M.D., FAAFP  
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<sup>1</sup>Appel LJ, Brands MW, Daniels SR et al. Dietary approaches to prevent and treat hypertension: a scientific statement from the American Heart Association. *Hypertension*. 2006 Feb; 47 (2): 296-308.

<sup>4</sup>Hord NG, Tang Y, Bryan NS. Food sources of nitrates and nitrites: the physiologic context for potential health benefits. *Am J Clin Nutr*. 2009 Jul; 90 (1): 1-10. PubMed PMID: 19439460.

<sup>8</sup>Siervo M, Lara J, Ogbonmwan I, Mathers JC. Inorganic nitrate and beetroot juice supplementation reduces blood pressure in adults: a systematic review and meta-analysis. *J Nutr*. 2013 Jun; 143 (6): 818-26. PMID: 23596162.