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Bio-CardioSirt BP™

Blood pressure generally increases with age as a consequence of the interaction of our environment, genetics and lifestyle, including exercise and the dietary intake of macro and micronutrients. Because high blood pressure or "Hypertension" is rarely accompanied by symptoms, it often goes undetected. If left unchecked, it will increase the risk of cardiovascular disease including heart failure, stroke and aortic aneurysms, as well as cognitive impairment and kidney disease.

Bio-CardioSirt BP™ was developed by Biotics Research Corporation in conjunction with Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt University School of Medicine and Director of the Hypertension Institute and Vascular Biology at Saint Thomas Hospital in Nashville, Tennessee.

Bio-CardioSirt BP™ supplies a unique (patent pending) combination of key micronutrients that have been clinically proven to support normal, healthy blood pressure levels, and its benefits have been published in a peer reviewed clinical journal*.

The nutrients supplied by **Bio-CardioSirt BP™** include important antioxidants that help maintain the unsaturation/saturation ratio of fatty acids, support the biosynthesis of collagen and certain neurotransmitters, and function in the regulation of nitric oxide (NO) release. NO plays an important physiological role in cardiovascular function as a modulator of vascular relaxation (vasodilation). Other components help regulate calcium absorption and metabolism, and are required for energy production, oxidative phosphorylation and glycolysis, and are key for the active transport of calcium and potassium ions across cell membranes, which is important in nerve impulse conduction, muscle contraction and normal heart rhythm.

Bio-CardioSirt BP™ comes as an easy to take, pleasant tasting powder, and is very cost effective as well. Benefits can be seen in as little as two weeks. Each container provides a full 30 day supply.

*Houston, Mark C, and Sparks, William S. "Combination Nutraceutical Supplement Lowers Blood Pressure in Hypertensive Individuals." *Integrative Medicine* 12.3 June 2013: 22-29.



Research Pertaining to Other Topics of Interest

More Magnesium = Less Diabetes? In this study, researchers looked at magnesium intake and the risk of progression to type 2 diabetes from incident prediabetes and/or insulin resistance. After adjusting for age (participants were 26-81 yrs old at baseline) and energy intake, those with the highest magnesium intake had a 37% lower risk of incident metabolic impairment as compared to those with the lowest magnesium intake. Additionally, for those with baseline metabolic impairment, higher magnesium intake was associated with 32% lower risk of incident diabetes. In the combined population of nearly 2600 participants, the risk in those with the highest intake was only 53% of those having the lowest magnesium intake. The researchers concluded that magnesium intake may be particularly beneficial in offsetting risk of developing diabetes among those at high risk.

Hruby A. et al. Higher magnesium intake reduces risk of impaired glucose and insulin metabolism, and progression from prediabetes to diabetes in middle-aged Americans. *Diabetes Care* Oct 2, 2013. Published online before print, doi: 10.2337/dc13-1397.