



Blood Pressure Wellness Protocol (Item #7471)

A Healthy and Effective Wellness Management Protocol for Your Blood Pressure

Products included in this Wellness Protocol are:

- ① Vitamin C #5056 – Bioflavonoid and Vitamin C are well known for their ability to strengthen capillaries veins and arteries. Also needed for their anti-oxidant properties to insure adequate oxygen supply to the cells.
- ① Brilliance #4017 – This herbal combination has a relaxing effect on the circulatory and nervous system. Herbs such as Gotu-Kola were traditionally used in India as an herbal remedy for blood pressure problems.
- ① Co-Q10 #5010 – Has a healing and rejuvenating effect on the heart and circulation of oxygen.
- ① Cal/Mag #2006 – This formulas of equal parts Calcium and equal parts Magnesium, each in a complex form containing the most bio-available form of Calcium and Magnesium known in science. Magnesium is known as the relaxing mineral along with calcium. These two minerals are vital for cells to repair them selves, thereby healing inflamed or damaged cells

Protocol Overview

Blood pressure is the pressure exerted by circulating blood upon the walls of blood vessels, and is one of the principal vital signs. During each heartbeat, BP varies between a maximum (systolic) and a minimum (diastolic) pressure. The mean BP, due to pumping by the heart and resistance to flow in blood vessels, decreases as the circulating blood moves away from the heart through arteries. Blood pressure drops most rapidly along the small arteries and arterioles, and continues to decrease as the blood moves through the capillaries and back to the heart through veins. Gravity, valves in veins, and pumping from contraction of skeletal muscles, are some other influences on BP at various places in the body.

This Wellness Protocol brings together the traditional herbs and minerals of our individual formulations to replenish vitality and increase nutritional value at a cellular level through a simplified, consistent and balanced supplementation program.

- ***Cal/Mag 1:1***
 1. Calcium – Calcium is a naturally occurring mineral that is needed by the body to build and maintain strong bones and teeth. Because calcium is not made in the body, it must be absorbed from a person's dietary or supplement intake. Calcium is shed from the body in skin, nails, hair, sweat, urine, and feces. When a person does not get enough calcium through their diet or supplementation, the body must break down bone to obtain the mineral. Calcium supplementation appears to have a modest but statistically significant reduction in systolic blood pressure (mean difference of 2.5 mm Hg), however better quality studies are needed.
 2. Magnesium - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300

biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.

3. Vitamin D-3 - Vitamin D is a group of fat-soluble prohormones, the two major forms of which are vitamin D2 (or ergocalciferol) and vitamin D3 (or cholecalciferol). Vitamin D3 is produced in skin exposed to sunlight, specifically ultraviolet B radiation. Vitamin D plays an important role in the maintenance of organ systems. Vitamin D regulates the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines, and by promoting reabsorption of calcium in the kidneys. It promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton. However, at very high levels it will promote the resorption of bone. It inhibits parathyroid hormone secretion from the parathyroid gland. Vitamin D affects the immune system by promoting phagocytosis, anti-tumor activity, and immunomodulatory functions.
4. Boron - It enhances the body's ability to use calcium, magnesium, as well as vitamin D. It also seems to assist in brain functioning and recognition. Boron seems to prevent calcium and magnesium from being lost in the urine and may help with decreasing menstrual pain by increasing the oestradiol level, which is a very active type of estrogen. People have also reported the reduction of arthritis symptoms with an intake of Boron.
5. Food Enzymes - Enzymes do much more in your body than help digest food. Enzymes are responsible for every single chemical reaction in every single cell of your body. All your minerals, herbs, vitamins and hormones cannot do their jobs without enzymes. You can't lift an arm or think one thought without the help of enzymes. In fact, you could say that enzymes are, biologically speaking, the source of life. A diet without a source of live enzymes is removed from the source of life. Things removed from their source of life slowly begin to die. For us, that leads to disease, excessive weight gain, depression and many other maladies that plague us today.
6. Tracite - Tracite Fulvic Minerals is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron based, plant derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in macro-minerals, trace minerals, trace elements and especially fulvic acid.

- **Brilliance**

1. Ginkgo Biloba Leaf may be especially effective in treating dementia (including Alzheimer's disease) and intermittent claudication (poor circulation in the legs). It also shows promise for enhancing memory in older adults. Laboratory studies have shown that ginkgo improves

blood circulation by dilating blood vessels and reducing the stickiness of blood platelets.

2. Meadowsweet contains salicylic acid, which makes it useful for colds, flu, fever, problems of the respiratory tract, gout, rheumatism, arthritis, dropsy, problems with water retention, and for bladder and kidney problems. Also is taken for diarrhea and dysentery, enteritis, gastritis, indigestion, heartburn, soothing and healing to the lining of the stomach, upset stomach, high blood pressure, diabetes, and disorders of the blood. Externally, the decoction can serve as a wash for wounds or sore eyes. It makes a pleasing and refreshing drink.
 3. Tracite® Mineral Complex- Trace minerals impart a trickle charge of electricity to all cells of the body. Different minerals and elements are targeted by the metabolism to different cells and body areas. It is vitally important that we receive all the trace minerals and elements if we choose to have a healthy mind and body. Many of these elements are missing from the processed, chemically grown and adulterated foods that most of us are forced to live with. The single most important mineral for the brain is iron. It is iron that oxygenates brain cells. Tracite is rich in crystalline colloidal/ionic iron, making it the trace mineral of choice for this formula. Trace minerals containing only ionic particles are inferior to plant derived crystalline colloids. All colloidal minerals contain some ionic mineral particles but ionic mineral products contain no colloidal particles.
 4. Fo-Ti Root- Modern research indicates that this herb contains an alkaloid that has rejuvenating effects on the nerves, brain cells and endocrine glands. It stimulates a portion of the adrenal gland and helps to detoxify the body. It has been used for a long list of ailments including atherosclerosis, constipation, fatigue, high cholesterol, high blood pressure, blood deficiency, nerve damage, eczema, scrofula and inflammation of lymph nodes and heat toxicity. It is also indicated to boost the immune system and increase sexual vigour.
 5. Gotu Kola- is a rejuvenative nerve recommended for nervous disorders, epilepsy, senility and premature aging. As a brain tonic, it is said to aid intelligence and memory. It strengthens the adrenal glands and cleanses the blood to treat skin impurities. It is said to combat stress and depression, increase libido and improve reflexes. It has also been indicated for chronic venous insufficiency, minor burns, scars, scleroderma, skin ulcers, varicose veins, wound healing, rheumatism, blood diseases, congestive heart failure, urinary tract infections, venereal diseases, hepatitis and high blood pressure.
- **Vitamin C** - Vitamin C must be present for the synthesis of collagen, the body's most important protein. This is important because collagen is an important structural component of blood vessels, bone, tendons, and ligaments. Vitamin C is a water-soluble nutrient that resides and functions in the watery-compartments of the body's blood and cells. Parts of the body that have the highest percentages of vitamin C are: the adrenal glands, the pituitary gland, the brain, the thymus, the corpus luteum (an endocrine structure involved in pregnancy) and the retina (the 'seeing' part of the eye). No bodily organ stores ascorbate as a primary function, so the body soon depletes itself of it if fresh supplies are not continuously consumed.
 - **Vitamin E** is a potent antioxidant that helps protect cells from "free radical" damage. Antioxidants are extremely important in the prevention of heart

disease, cancer and diabetes. The most natural form of Vitamin E available is d-Alpha Tocopherol (not to be confused with dl-Alpha). Universal Formula's Vitamin E is a plant-sourced blend of Tocopherols including d-Alpha, d-Beta, d-Delta, and d-Gamma. This unique, all natural blend makes this product one of the most complete and natural forms of Vitamin E available. Vitamin E deficiency can cause severe nerve damage, visual problems and muscle weakness. It is concluded that a vitamin E supplement of 200 IU/day can be effective in mild hypertensive patients in the long term, probably due to nitric oxide, and improve their blood pressure status.

- **CoQ10** - There is some evidence that the supplement CoQ10 may help to reduce high blood pressure. CoQ10 significantly reduced systolic and diastolic blood pressure (mean reduction 6.1 mm Hg and 2.9 mm Hg respectively). There was also a reduction in HbA1C, a marker for long-term glycemic control.

Note: Additional information for the above products is included in the subsequent datasheets.

Dosage Recommendations:

Vitamin C: Take 2 vegi-capsules just before bed
Co-Q10: 1 Vegi-capsules in the morning and 1 Vegi-capsule at lunch
Brilliance: Take 2 vegi-capsules with meals
Cal/Mag: 1 vegi-capsule with meals and 3 vegi-capsules at bedtime

Please DO NOT modify levels of any prescribed medication

without first consulting your physician.

Ordering Information:

Vitamin C (Item #5056) priced at only: \$17.00 for #100 Vegi-Tablets

Brilliance (Item #4017) priced at only: \$19.00 for #100 Vegi-Capsules

Co-Q10 (Item #5010) priced at only: \$45.00 for #100 Vegi-Capsules

Cal/Mag 1:1 (Item #2006) priced at only: \$22.00 for #180 Vegi-Capsules

Total Price for this Wellness Protocol Bundle, Item (7471) # is \$103.00

Conveniently Order On-line at: www.UniversalFormulas.com

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

