



HYPERTENSION - HIGH BLOOD PRESSURE

Blood pressure represents the force of the blood against the arterial walls when the heart contracts and relaxes to pump blood throughout the body. Hypertension (high blood pressure) is the persistent increase in the force that blood exerts on the arterial walls. In general, healthy blood pressure is 110-120/70-80. Enzyme therapy will help maintain healthy blood flow, blood chemistry and support the health of vessels, minimizing stress on the heart.

- A digestive enzyme formula with meals will help ensure proper assimilation of all nutrients, supporting a healthy balance in blood chemistry and minimizing the damaging effects of free radicals on the walls of the blood vessels. Proper digestion of proteins also supports healthy kidney function.*
- A protease formula between meals will promote optimal blood flow, kidney health and management of fluids.*
- A gentle blend of nutrients and herbs designed to provide stress support and maintain healthy cortisol levels.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	2 caps	with every meal or snack
TPP PROTEASE	2 caps	3 x day between meals
TRANSCENDENCE™ REZEN	2 caps	2 x day (at rise and in mid-morning)
TPP PROBIOTIC 42.5	1 cap	at bedtime

Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

DIGESTZYME	3 caps	with every meal or snack
LYPOZYME	1 cap	with every meal or snack
PUREZYME	3 caps	3 x day between meals
TRANSCENDENCE™ REZEN	2 caps	2 x day (at rise and in mid-morning)
PLANTADOPHILUS	3 caps	at bedtime

Questions? 1-800-777-1474
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Additional support formulas you may want to consider for patients with Hypertension. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

TPP LYPO	1 cap	with, after, or between meals	<ul style="list-style-type: none">High cholesterol has a direct correlation to high blood pressure thus increasing the severity and risk of cardiovascular disease. This therapeutic formula is designed to help control excess lipids in the blood and improve ratios of good and bad cholesterol while also minimizing the absorption of dietary cholesterol.*
TPP ADRENAL COMPLEX**	1 cap	2 x day with food	<ul style="list-style-type: none">Blood pressure is an important indicator of adrenal health and function. Mild adrenal weakness is usually accompanied by normal to high blood pressure. This formula nourishes and supports the adrenal glands with glandular tissue, nutrients, herbs, and enzymes to promote the adrenals' ability to do what they need.*
CALMZyme	1 cap	3 x day (or 3 caps at bedtime)	<ul style="list-style-type: none">Episodes of anxiety can cause dramatic, temporary spikes in blood pressure. If those temporary spikes occur frequently, they can cause damage to the blood vessels, heart, and kidneys. This formula is an herbal and enzyme blend that feeds and fortifies the nervous system, assisting with stress management.*
TPP PROTEASE IFC	1-3 caps	3 x day between meals	<ul style="list-style-type: none">Inflammation plays a large role in the development of hypertension and heart disease. This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere in the body.*
TPP EFA 1200MG	1 gelcap	2 x day with meals	<ul style="list-style-type: none">Omega 3 fatty acids are beneficial for individuals with hypertension due to their role in the reduction of inflammation, which can deteriorate the health of the blood vessels. These essential fatty acids are a good source of DHA and EPA omega 3's known for their many health benefits.*

**Testing or monitoring of hormone levels is advised with glandular / nutritional hormone therapies.

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