

Hypertension Protocol

Clinical Protocol to Support Healthy Blood Pressure*



Elevated blood pressure predisposes individuals to cardiovascular disease and increased risk of cardiac events, including stroke and myocardial infarction. According to the Centers for Disease Control and Prevention, the prevalence of hypertension increases with age, with a rate of 22.4% among adults aged 18 to 39, a rate of 54.5% among those aged 40 to 59, and a rate of 74.5% among those aged 60 and older.¹

Primary or essential hypertension has no direct identifiable etiology, although genetics, suboptimal dietary intake, and other factors, such as sedentary lifestyle and obesity, are believed to be involved. In contrast, secondary hypertension is caused by other disease processes, including renal or endocrine pathophysiology.²

Patients may unknowingly begin to trend toward hypertension without any overt symptoms before diagnosis. This highlights the importance of regular blood pressure monitoring. When present, symptoms may signify more severe hypertension, and include headache, fatigue, vision problems, chest pain, and arrhythmia.³

Nutrition and lifestyle intervention serve as important facets of care in preventing and ameliorating hypertension. Practitioners can support hypertensive patients through the maintenance of healthy weight, increased physical activity, stress management techniques, and adoption of a heart-healthy diet, such as the Mediterranean diet. Additionally, nutrients that support vasodilation, healthy endothelial function, and blood pressure regulation can be emphasized through diet or supplementation.

This protocol is designed to support healthy blood pressure through evidence-based dietary, lifestyle, and nutrient interventions.*

Diagnostic Biomarkers and Clinical Indicators of Hypertension³

Blood Pressure (BP) Category	Systolic BP		Diastolic BP
Normal	Less than 120	and	Less than 80
High Blood Pressure (no other heart risk factors)	140 or higher	or	90 or higher
High Blood Pressure (with other heart risk factors, according to some providers)	130 or higher	or	80 or higher
Dangerously high blood pressure — seek medical care right away	180 or higher	and	120 or higher

Therapeutic Diet and Nutritional Considerations

- Recommend consumption of a heart healthy diet such as the Mediterranean diet or dietary approaches to stop hypertension, also known as the DASH diet.
- Recommend moderation of sodium intake in salt-sensitive individuals. Encourage replacing table salt with Celtic sea salt or Himalayan salts that contain trace minerals.
- Support blood pressure levels through intake of magnesium- and potassium-rich foods:
 - Spinach
 - Kale, Swiss chard
 - Pumpkin seeds
 - Almonds
 - Beet greens
 - Quinoa
 - Black beans and lima beans
 - Tuna and salmon
 - Dark chocolate
 - Avocado

Lifestyle Interventions

- Encourage regular physical activity to support healthy cardiovascular function and a healthy body mass index (BMI).
- Recommend stress management practices, such as breath work, meditation, and yoga to modulate sympathetic response and tone.
- Consider monitoring of heart rate variability (HRV) as sympathetic overactivation and autonomic imbalance play important roles in the pathogenesis of hypertension.⁴

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.



Supplement Protocol

Primary Support:



HTN Supreme™

Dose	2 capsules twice per day	Duration	3 months; re-evaluate blood pressure reading
Formula Highlights	HTN Supreme™ contains nutrients that address various mechanisms to help promote healthy blood pressure.* Bonito peptides and grape seed extract (<i>Vitis vinifera</i>) are included for their antioxidant activity, cardioprotective properties, and promotion of normal vascular tone.*		

Vascanox HP®

Dose	2 capsules in the morning with a meal	Duration	3 months; re-evaluate blood pressure reading
Formula Highlights	A comprehensive blend of beet extract, black garlic extract, and various other berry extracts, along with vitamins and minerals that promote sustained and healthy nitric oxide production.*		

Magnesium Glycinate Complex

Dose	2 capsules per day with a meal	Duration	3 months; re-evaluate blood pressure reading
Formula Highlights	Each serving delivers 300 mg of highly absorbable elemental magnesium. This product should not cause any of the unfavorable gastrointestinal complaints associated with magnesium supplementation due to its stable chelated form.		

NOx Synergy™

Dose	1 scoop per day	Duration	3 months; re-evaluate blood pressure reading
Formula Highlights	NOx Synergy™ is a synergistic formula designed to optimize nitric oxide (NO) levels in the body. The ingredients in this formula work to help increase the synthesis and decrease the degradation of NO, which is beneficial for cardiovascular function, circulation, blood pressure, and muscular performance.*		

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---hypertension-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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