

## The SuperFood Solution<sup>™</sup> Blood Pressure Wellness Recipes

nutritional support for maintaining more optimal blood pressure.



### The SuperFood Solution<sup>™</sup> Blood Pressure Wellness Recipes are:

- nutrient dense, made up some of the healthiest foods on the planet
- low in calories and carbs
- good tasting, filling and satisfying
- providers of long lasting energy
- quick and easy to make

You can create a recipe that fits into most any dietary approach!

#### Important Notice!

*As with all our “recipes” those currently taking prescription medicines or about to have surgery should speak with their prescribing physician or pharmacist before proceeding. Once you start, give a recipe at least 30 days to see if it is supporting maintaining a more normal blood pressure. If not, try two servings a day for 30 days if you had only been taking one serving. If that is not satisfactory after 30 more days, try the “Dynamic Duo”.*

### Enjoy these easy recipes containing NanoGreens<sup>10</sup> and/or NanoPro<sup>PRP</sup> with basic ingredients you already have!

**NanoGreens<sup>10</sup>**  
Fruits & Vegetables to the Power of 10

**NanoPro<sup>PRP</sup>**  
Whey Protein with Colostrum Peptides

**NanoOmega<sup>3</sup>**  
Golden Flax, Vegan DHA & Synergistic Vitamins

#### Orange Tea Delight!

- 4-6 ounces OJ enriched with calcium and vitamin D
- 6-8 ounces of green tea (*decaffeinated if you already have hypertension!*)
- 1 scoop (12 gm) of NanoGreens<sup>10</sup>

Shake well and enjoy slowly, twice a day.



*Nutritional Rational: Fortified orange juice is rich in calcium, magnesium and potassium optimal levels of which support healthy blood pressure maintenance. Vitamin D deficiency, more common than recognized in certain more northern populations (above 40 degrees latitude) in the winter, can contribute to hypertension. Green tea is rich in antioxidants (polyphenols) like EGCG that have been shown to support cardio vascular health.*

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To learn more, see **Heart Wellness SuperFood Meal** on page 10 of *The SuperFood Solution™ User's Guide*. If you don't have the guide, you may download the PDF: [www.biopharmasci.com](http://www.biopharmasci.com)  
From the Home Page, simply click on the Guide's cover.



### Two Delicious Shakes (Cocoa or Vanilla!)

- 8 ounces of milk (low-fat, non-fat or soy) enriched with calcium and vitamin D
- 1 scoop (18 gm) of NanoPro<sup>PRP</sup>
- Optional: one tsp of unsweetened 100% pure cocoa (baking chocolate) with several drops of natural vanilla to taste

Shake well and enjoy slowly, twice a day.



*Nutritional Rational: Milk contains peptides that have a small but significant hypotensive effect. So does soy milk if it is rich in isoflavones (> 25 mg isoflavones / serving). Optimal calcium and vitamin D status are believed to support a healthy blood pressure as well. Vitamin D deficiency, more common than recognized in certain more northern populations (above 40 degrees latitude) in the winter, can contribute to hypertension. Cocoa is rich in antioxidants (flavanol polyphenols) that have been shown to support the lining of the blood vessels that make nitric oxide (NO), a natural compound in the body that relaxes these vessels.*

### Dynamic Duo

- 6 ounces OJ enriched with calcium and vitamin D
- 8 ounces of green tea (decaffeinated if you already have hypertension!)
- 1 scoop (12 gm) of NanoGreens<sup>10</sup> and 1 scoop (18 gm) of NanoPro<sup>PRP</sup>
- *Optional: For extra cardio-vascular support add either 1 scoop NanoOmega3 or 1-3 tsp. of molecularly distilled orange flavored fish oil*

Shake well and enjoy slowly, twice a day.



*Nutritional Rational: As preliminary human studies suggest that both the phytonutrients in NanoGreens<sup>10</sup> and the peptides (zoonutrients) in NanoPro<sup>PRP</sup> have potential in maintaining optimal blood pressure, taking them together may be the best approach. Omega-3 fatty acids from fish or flaxseeds also have a small but significant potential to supporting optimal blood pressure.*