

## ALL NATURAL HOLISTROL® Helps Support Healthy Blood Pressure\*

Holistrol is a patented, proprietary blend of natural ingredients that have been used for centuries to help support healthy blood pressure.\* Use Holistrol every day to help maintain healthy circulation and support cardio-vascular health. Time-tested for safety, the herbal extracts in Holistrol have no known serious side effects.\*



### Studies suggest this unique blend of natural ingredients:

- Helps support healthy blood pressure.\*
- Helps maintain healthy arteries.\*
- Helps support blood flow and central and peripheral vascular circulation.\*
- Helps maintain blood flow to the heart.\*
- Supports healthy blood pressure in the pulmonary artery and all arteries in general.\*
- Safe for long-term use.

To order Holistrol  
CALL TOLL FREE

**1-800-827-8573**

Order online at  
[www.holistrol.com](http://www.holistrol.com)

Distributed by



Pharm East, Inc.  
Rockville, MD 20850



\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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The Natural Alternative

# A Natural Way to Support Healthy Blood Pressure\*




# Holistrol®

## IMPORTANT INFORMATION ABOUT BLOOD PRESSURE\*\*

Many people have high blood pressure for years without knowing it. Even young people may suffer with high blood pressure. And many people have marginally high blood pressure, referred to as Pre-hypertension, likely to get worse with age.



According to recent estimates, one in four U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people are unaware they have it. This is why high blood pressure is often called the "silent killer."

### People with uncontrolled high blood pressure are:

- Three times more likely to develop coronary heart disease.
- Six times more likely to develop congestive heart failure.
- Seven times more likely to have a stroke.

## THE IMPORTANCE OF HEALTHY ARTERIES

Healthy arteries are muscular and elastic. They stretch when your heart pumps blood through them. How much they stretch depends on how much force the blood exerts. Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats.

Your blood pressure can change throughout the day, but it should normally be less than 120/80 for an adult. Blood pressure that stays between 120-139/80-89 is considered pre-hypertension and above this level (140/90 or higher) is considered high (hypertension). Your doctor may take several readings over time before deciding whether your blood pressure is high.



If high blood pressure continues for a long time, your heart and arteries may not work as well as they should. This increases your risk of stroke, congestive heart failure, kidney failure and heart attack. If you combine high blood pressure with obesity, smoking, elevated blood cholesterol levels or diabetes, your risk of heart attack or stroke increases several times.

**\*\*IMPORTANT INFORMATION:** Please see your doctor if you are concerned about high blood pressure. Holistrol is a dietary supplement intended to support healthy blood pressure already in the normal range. Holistrol is not a blood pressure treatment.

## HOLISTROL. THE NATURAL ALTERNATIVE\*

At a recent conference sponsored by the American Heart Association, Holistrol was introduced as a new, natural product for supporting healthy blood pressure. Holistrol is a patented, proprietary herbal blend of holly leaf extract, hawthorn fruit extract, and daikon seed extract. These ingredients have been used for centuries in China as tea, fruit, and spice.



In a double-blind, placebo-controlled study, subjects tested showed a quick response to Holistrol.\* Subjects showed a marked improvement, realizing normal blood pressures in 2 to 4 weeks.\*

Research suggests that the natural ingredients in Holistrol can help maintain healthy circulation of blood through your blood vessels - without serious side-effects.\*

## HOLISTROL CONTAINS:



• **Hawthorn berry extract.** Hawthorn berry is a traditional herbal remedy clinically shown to help improve the blood supply to the heart by dilating the heart's vessels. Hawthorne also appears to help support the metabolism of the heart.\*

• **Holly leaf extract.** Holly Leaf has been used as a folk medicinal tea in China for centuries. Recent studies suggest Holly leaf helps expand blood vessels to help support circulation and blood flow to the heart.\*

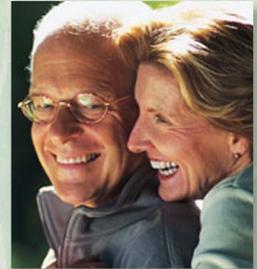
• **Daikon seed extract.** Daikon seed has been used for a thousand years as a traditional herbal remedy. Studies suggest that Daikon seed helps maintain cardio-vascular health and helps support healthy blood pressure.\*



## A UNIQUE BLEND OF NATURAL INGREDIENTS

### Studies suggest these ingredients:

- Help support healthy blood pressure.\*
- Help maintain healthy arteries.\*
- Help support blood flow and central and peripheral vascular circulation.\*
- Help maintain blood flow to the heart.\*
- Support healthy blood pressure in the pulmonary artery and all arteries in general.\*
- Safe for long-term use.



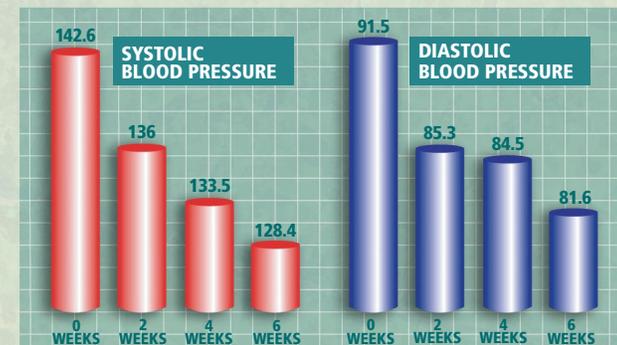
## START USING HOLISTROL NOW TO HELP MAINTAIN CARDIO-VASCULAR HEALTH\*

Holistrol is a natural product clinically tested for supporting healthy blood pressure.\* Studies corroborate research on the key ingredients in Holistrol, which suggests that Holistrol may help your body maintain healthy arteries, resulting in less resistance to blood flow – naturally, with no serious side effects.\*

## RESULTS OF CLINICAL STUDY

In a double-blind, placebo controlled clinical study, subjects took Holistrol or placebo capsules, three times a day. To learn more about this study, visit [www.holistrol.com](http://www.holistrol.com).

**Graph:** The red bars indicate the average SYSTOLIC BLOOD PRESSURES at the end of 0, 2, 4 and 6 weeks. The blue bars indicate the average DIASTOLIC BLOOD PRESSURES at the end of 0, 2, 4 and 6 weeks. Subjects in this graph took Holistrol.



**IMPORTANT INFORMATION:** The herbal and health information provided in this brochure is intended for educational purposes only. Nothing listed within this brochure should be considered medical advice. Please consult your health care professional for individual guidance. Consult your physician before taking Holistrol if you have any medical condition or if you are taking any prescription medication.