

Herbal Supplement Promises to Help Maintain Healthy Blood Pressure

Each day in the U.S., approximately 5,000 Americans die from complications caused by high blood pressure. Also known as hypertension and prehypertension, high blood pressure affects about 47 percent of American adults (about 95 million Americans), making it the number one “silent killer” in the nation. Those suffering from hypertension and prehypertension are at higher risk for heart disease, stroke and heart failure; high blood pressure can also lead to kidney damage. Consistent blood pressure readings of 140/90 and above are classified as hypertensive. People with blood pressure readings between 120/80 and 139/89 have prehypertension.

Although it is a life threatening condition, only 34 percent of those with hypertension have it under control. Due to the side effects associated with many drug treatments the long-term use they require, compliance is often difficult and undesirable for many people. While there are lifestyle changes and other alternative measures people can take—such as limiting dietary intake of dairy, caffeine and salt and increasing regular exercise—the most effective treatment for most hypertension patients ultimately comes in the form of pharmaceuticals.

Alistrol, a patent-pending proprietary herbal blend, contains natural ingredients such as holly leaf extract, hawthorn berry extract and radish seed extract—centuries-old remedies which have now been proven to safely support more elastic blood vessels, improve blood circulation, and relax the central nervous system.

About the Author

Alistrol's ingredient is the only [High Blood Pressure](#) natural remedy that is clinically proven with an 90% rate of effectiveness for supporting healthy blood pressures without side effect. “Alistrol’s ingredient has already helped many people get their [High Blood Pressure Treatment](#) under control. We have received rave testimonials from customers about how Alistrol has helped with their lives.

Source: <http://www.articletrader.com>