

# TECHNICAL DATA SHEET



## ORGAN SUPPORT HTN SUPPORT™

Promotes Healthy Blood Pressure Levels. Maintains healthy blood vessels.

Making lifestyle changes is normal when one has concerns related to cardiovascular system health. Studies and medical experts agree that a well-rounded approach, including dietary support, should be considered. **HTN Support** offers a unique blend of key nutrients and proven botanical extracts that have been shown in research studies to support a healthy cardiovascular system.

### Supplement Facts

Serving size: 3 capsules

Servings per container: 30 or 60

Amount per serving		%DV
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate, and Calcium and Magnesium Ascorbates)	112 mg	124%
Vitamin B3 (Niacin) (from Inositol Hexanicotinate)	156 mg	975%
Magnesium (from Magnesium Citrate-Malate)	175 mg	42%
Potassium (from Potassium Citrate-Malate)	99 mg	2%
<i>HTN Support Proprietary Blend:</i>	576 mg	*
Hawthorn extract (fruit) (Crataegus spp), Garlic extract (bulb) (Allium spp), Grape extract (seed) (Vitis spp), Rauwolfia spp (root), Gynostemma pentaphyllum extract (whole herb), Coleus forskohlii extract (root)		

\* Daily Value not established.

**Other ingredients:** Vegetarian capsules (hypromellose, purified water), Microcrystalline cellulose

Recommended Use: 1 capsule 3 times daily with food, or as directed.

Available in two sizes:  
120 vegetarian capsules  
240 vegetarian capsules

**HTN Support is a powerful nutritional supplement; please consult with a healthcare professional prior to use.**

**Warning: Contraindicated during pregnancy, breast feeding or any conditions of depression. DO NOT USE with MAO (monoamine oxidase) inhibitors, with alcohol or prescription medications without consulting a healthcare professional prior to use.**

### INGREDIENTS:

#### Rauwolfia

A plant in the periwinkle family, Rauwolfia contains over 50 alkaloids (reserpine, rescinnamine, and deserpine), which have been well researched in the area of cardiovascular support.

#### Coleus Forskohlii (>90% Forskolin)

Coleus forskohlii supports a healthy heart and cardiovascular system by activating adenylate cyclase and cyclic monophosphate (cAMP). Increased production of cAMP causes calcium channels to open and intracellular calcium concentrations to increase, resulting in increased contractility of heart muscle and relaxation of smooth muscle (1). cAMP is also known to support heart muscle contraction, which may help improve feelings of stress on the heart. Forskolin is the active ingredient/constituent of Coleus forskohlii. The higher the percentage of forskolin contained, the greater the function in the body.

#### Grape Seed Extract (95% Proanthocyanidins)

Grape seeds are an excellent source of vitamin E, linoleic acid, flavonoids, and oligomeric proanthocyanidin complexes (OPCs), which are a type of antioxidant. In addition to vascular health support, other health benefits of grape seed extract are to support cognitive function and immune function.

Replaces all previous versions: 3.4.24

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

## **Garlic**

The applicable part of garlic is the bulb. Many of the pharmacological effects of garlic are attributed to the allicin, ajoene and other organosulfur constituents such as S-allyl-L-cysteine. For cardiovascular support, garlic is thought to support normal blood pressure by causing smooth muscle relaxation and vasodilation by activating production of endothelium derived relaxation factor (EDRF, nitric oxide)(2).

## **Hawthorn**

Hawthorn berry contains the active constituents that include flavonoids, such as vitexin, rutin, quercetin, and hyperoside as well as oligomeric proanthocyanidins (OPC's) including epicatechin and procyanidins that support the heart and cardiovascular system.

## **Gynostemma Pentaphyllum (Jiaogulan)**

Gynostemma contains 82 distinct saponins that are referred to as gypenosides. Each of these gypenosides has a unique property that gives it a significance in the biochemical pathways.

## **Magnesium**

Magnesium is involved with more than 300 enzyme systems as well as playing an essential role in more than 300 cellular reactions. Our bodies contain 25 grams (less than one ounce) of magnesium. Magnesium is required for the formation of cyclic AMP (cAMP) and is involved in ion movements across cell membranes. In cell membranes, a decreased concentration of magnesium and an increased calcium to magnesium ratio has been associated with an imbalance of the cardiovascular system.

## **Potassium**

Potassium is a mineral that plays a role in many body functions including acid-base balance, electrodynamic characteristics of the cell, isotonicity, and various enzymatic reactions (3). Potassium is required for normal blood pressure. Potassium depletion occurs when deficient levels of magnesium are present in cardiac and vascular muscle cells. Without adequate stores of magnesium, potassium is not retained.

## **Vitamin C**

Vitamin C is a commonly used water-soluble vitamin that acts as an antioxidant and free radical scavenger. Studies show that when plasma vitamin C levels are deficient, both systolic and diastolic normal blood pressure levels may be affected (4). Vitamin C has been shown to promote normal endothelial function (5).

## **Niacin (from Inositol Hexaniacinate)**

Inositol hexaniacinate consists of six molecules of niacin chemically linked to an inositol molecule. It is hydrolyzed in the body to free niacin and inositol, although this occurs slowly, with peak serum levels not occurring until about 10 hours after ingestion, which reduces the incidence of the flushing associated with niacin. Orally taking inositol hexaniacinate can help maintain healthy serum lipid levels (6). Niacin is a vasodilator, which increases the diameter of the blood vessels.

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

[mountainpeaknutritionals.com](http://mountainpeaknutritionals.com)  
email us: [support@mtnpeaknutrition.com](mailto:support@mtnpeaknutrition.com)



1000 SE Tech Center Drive STE 130  
Vancouver, WA 98683

## **REFERENCES:**

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