INGREDIENTS:

**Rauwolfia**
A plant in the periwinkle family, Rauwolfia contains over 50 alkaloids (resperine, rescinnamine, and desperidine), which have been well researched in the area of blood pressure. Rauwolfia demonstrates hypotensive, sedative, and tranquilizing effects (7), reduces heart rate (11), has anti-arrhythmic effects (12), and causes a general sense of euphoria (11).

**Coleus Forskohlii (95% Forskolin)**
Coleus forskohlii supports blood pressure and a healthy heart 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 helps reduce stress on the heart. Forskolin is the active ingredient/constituent and produces the heart related therapeutic effects of Coleus forskohlii. It increases the effectiveness of the heart muscle resulting in a more powerful heartbeat and widens blood vessels thereby lowering blood pressure. The higher the percentage of forskolin contained, the greater the therapeutic effect.

**Grape Seed Extract (95% Proanthocyanidins)**
A 2006 published study from the University of California at Davis showed that grape seed extract helped control blood pressure in the control group taking 150mg per day. Systolic pressure dropped 12 points on average while diastolic blood pressure dropped an average of 8 points. Researcher C. Tissa Kappagoda, MD,PhD stated her research team believed grape seed extract might dilate blood vessels (2). 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 prevention of cognitive decline, reduction of inflammation, lowering the incidence of skin cancers, improvement of wound healing and bone strength.

HEART TENSION™
In many instances, high blood pressure is an early sign of serious cardiovascular disease. Elevated blood pressure is generally regarded as the greatest risk factor for stroke. Over sixty million Americans have hypertension and more than half of all Americans aged sixty-five to seventy-four years old suffer from high blood pressure. Studies and medical experts agree that non-drug therapies should be used rather than pharmaceutical drugs in the treatment of borderline-to-moderate hypertension. Heart Tension™ formula offers a safe and effective alternative from the pharmaceutical drugs that pose significant health risks. Heart Tension™ formula is a unique blend of key nutrients and proven botanical medicines that have been clinically shown to improve heart function and lower blood pressure.

**Supplement Facts**
Serving size: 3 capsules
Servings per container: 30

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnesium (as Citrate-Malate)</td>
<td>255 mg</td>
</tr>
<tr>
<td>Vitamin B3 (as Niacin) (from Inositol Hexanicotinate)</td>
<td>156 mg</td>
</tr>
<tr>
<td>Vitamin C (as Poly C Ascorbate)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Magnesium (as Citrate-Malate)</td>
<td>255 mg</td>
</tr>
<tr>
<td>Potassium (as Citrate-Malate)</td>
<td>105 mg</td>
</tr>
<tr>
<td>Hawthorn berry dry extract (Crataegus spp) (&gt;2% vitexins)</td>
<td>300 mg</td>
</tr>
<tr>
<td>Garlic extract (Allium sativum) (1% allicin) (bulb)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Grape seed extract (Vitis spp) (95% proanthocyanidins)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Rauwolfia spp (root)</td>
<td>75 mg</td>
</tr>
<tr>
<td>Inositol (from Inositol Hexanicotinate)</td>
<td>48 mg</td>
</tr>
<tr>
<td>Coleus forskohlii extract (95% Forskolin) (root)</td>
<td>6 mg</td>
</tr>
<tr>
<td>Gynostemma pentaphyllum extract (as Jiaogulan) (20% gypenosides) (whole herb)</td>
<td>60 mg</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Vegetarian capsules (cellulose and water), L-Leucine

USE HEART TENSION™ ONLY UNDER THE GUIDANCE OF A LICENSED HEALTHCARE PROVIDER. Please monitor patients closely. Rauwolfia serpentina is a highly effective hypotensive. Rauwolfia serpentina reduces heart rate, has anti-arrhythmic and sedative effects. Potential adverse reactions may include fatigue, slowed reflexes, and bradycardia. A small percentage of patients may develop mental depression. Concomitant use with alcohol may increase the risk of CNS-depressant effects. DO NOT USE with MAO (monoamine oxidase) inhibitors. DO NOT USE in pregnancy, breastfeeding or depression. If patients report any of these symptoms, lower the dosage, continue to monitor closely, and discontinue use if adverse conditions persist.

**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
Garlic is mostly used for its anti-hyperlipidemic, anti-hypertensive, and anti-fungal effects. 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 hypertension, garlic is thought to reduce blood pressure by causing smooth muscle relaxation and vasodilation by activating production of endothelium derived relaxation factor (EDRF, nitric oxide)(3).

Hawthorn Berry
Hawthorn berry contains the active constituents that include flavonoids, such as vitexin, rutin, quercetin and hyperoside and oligomeric proanthocyanidins (OPC's) such as epicatechin and procyanidins. Hawthorn berry (Crataegus) has hypotensive and anti-arrhythmic activity (4). In a clinical study of patients with coronary perfusion disorders, 77% of those who were given Crataegus experienced an observable decrease of ischemia reaction to exercise.

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 therapeutic significance. The gypenosides medicinal qualities range from lowering cholesterol, improving oxygen absorption, and increasing cardiac output by increasing stroke volume and not through increasing the heart rate (5).

Magnesium
Magnesium is involved with more than 300 enzyme systems as well as playing an essential role in more than 300 cellular reactions (10). 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 hypertension (6).

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 (7). 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 low, both systolic and diastolic blood pressure increases (8). Vitamin C has been shown to promote normal endothelial function (9).

Niacin and Inositol (from Inositol Hexanicotinate) Inositol
hexanicotinate 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 hexanicotinate reduces serum lipid levels (10). Niacin is a vasodilator, which increases the diameter of the blood vessels, which leads to lowering the blood pressure.

Patients: Consult with your healthcare professional for the proper dosage and use of this formula.
For more information about this and other Condition Specific Formulas® please visit our website at:

www.mountainpeaknutritionals.com

REFERENCES:
11. Robbers, JE., SPeedie, MK., Tyler, VE., Pharmacognosy and Pharmacobiotechnology, Baltimore, MD:Williams & Wilkins 1996