

## NEO40® CLINICAL TRIAL REVEALS BLOOD PRESSURE IMPACT

by: HumanN

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Maintaining normal blood pressure is important for everyone. There are strategies that individuals can utilize when their blood pressure starts to creep up to the higher ranges. Changes in diet, exercise, and lifestyle are typically recommended by physicians, but taking targeted supplements can also play an important role in supporting normal blood pressure. World-renowned physician Ernst R. Schwarz, MD, PhD, FESC, FACC, FSCAI, Medical Director of the Cardiac Support Program and Co-Director of Cardiac Transplantation at Cedars-Sinai recently led a research study on Neo40® daily to determine the effects of oral nitric oxide (N-O) supplementation on blood pressure that is in the higher end but still within the acceptable range of normal. Dr. Schwarz, who specializes in cardiac transplantation, saw the need to help these individuals promote normal blood pressure. The study strongly suggests that effective N-O supplementation may lower blood pressure in patients with prehypertension and might be beneficial as a routine supplementation for cardiovascular health.

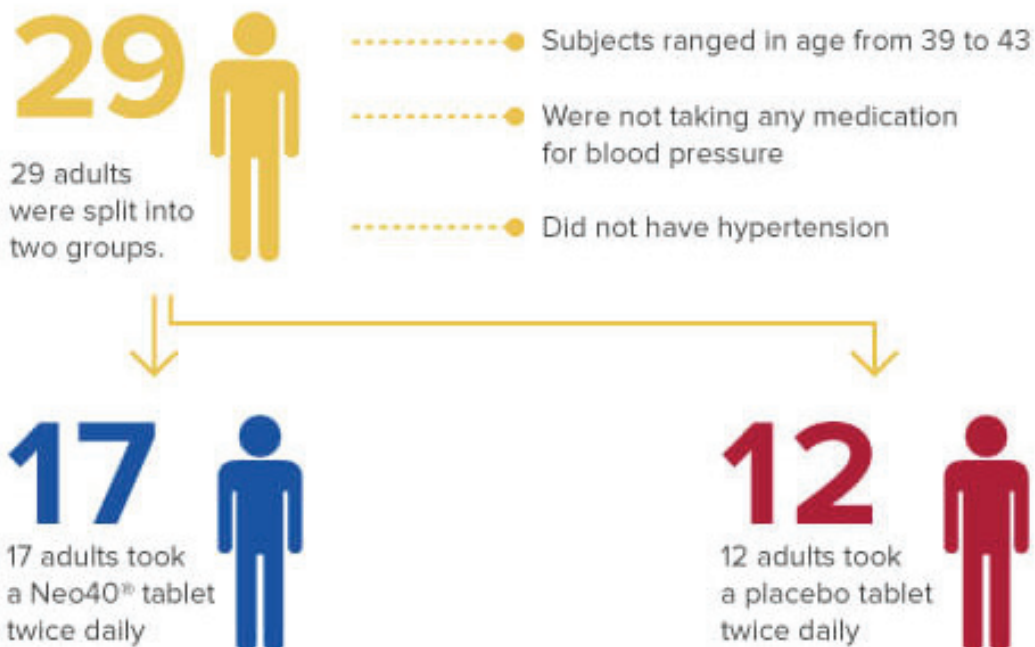
## Neo40® daily Clinical Trial

World-renowned Cardiologist Dr. Ernst Schwartz recently led a research study on Neo40® daily to determine the effects of oral nitric oxide (N-O) supplementation on blood pressure levels and quality of life. The subjects of the study had blood pressure levels that were elevated but within the acceptable range of normal.

### The Study

#### Using the Gold Standard in Clinical Research:

Randomized, Double-blinded, and Placebo-controlled methodology



## 30 Days Pass

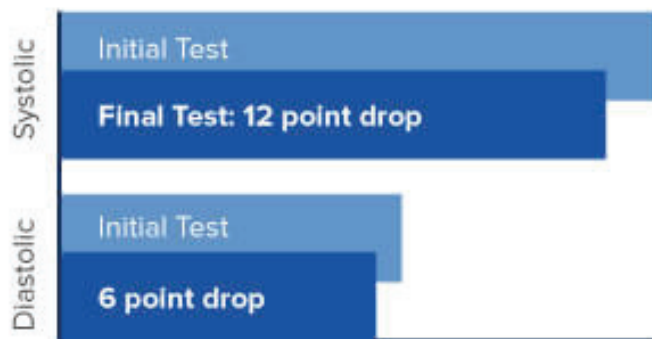
Before and after the 30 day trial period, subjects were tested for blood pressure levels and functional capacity using a 6 minute walk test.

### The Results

#### Blood Pressure

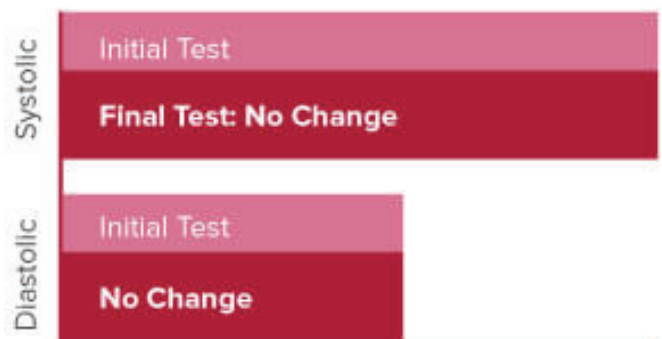
##### Neo40 Group

Positive results:



##### Placebo Group

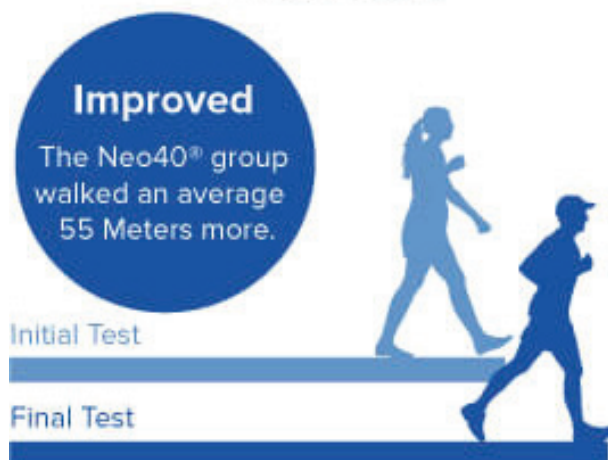
Unchanged results:



#### Functional Capacity (6 minute Walk Test)

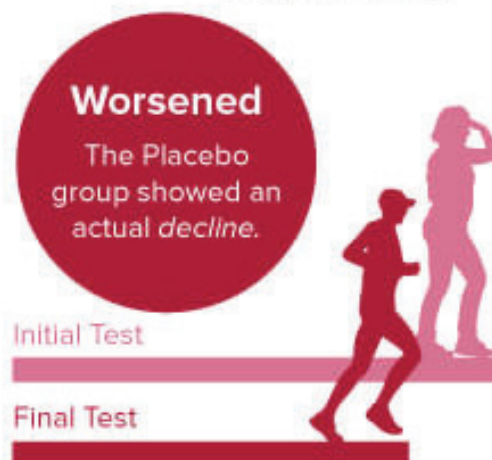
##### Neo40 Group

Positive results:



##### Placebo Group

Negative results:



## **EXPLAINING ELEVATED BLOOD PRESSURE**

The National Heart, Lung and Blood Institute classifies blood pressure as follows:

Normal – below 120/80

High-normal – 130/80 to 139/89

Stage 1 hypertension – 140/90 to 159/99

Stage 2 hypertension – 160/100 or higher

What do these numbers mean? A blood pressure reading, given in millimeters of mercury (mm Hg), has two numbers. The first, or upper, number measures the pressure in your arteries when your heart beats (systolic pressure). The second, or lower, number measures the pressure in your arteries between beats (diastolic pressure). Because blood pressure tends to fluctuate, classification (and any diagnosis) is based on the average of two or more blood pressure readings taken on separate occasions in a consistent manner. Clinical specialists report that it is important to help maintain blood pressure in the normal range and to use strategies that will help reduce blood pressure that is in the high range of normal.

For those in the high-normal range, it is generally agreed that the best option is healthy diet and lifestyle. But reports have found that simply giving patients guidance on lifestyle changes may have little lasting effect. This is where supplementation can be quite effective.

Dr. Schwarz explains why people should consider N-O supplementation.

## **NEO40® DAILY STUDY METHODOLOGY**

The Neo40® daily research study was a randomized, double-blinded, placebo-controlled methodology. The study recruited 29 participants to determine the effects of an oral supplement that may help increase nitric oxide, on blood pressure. The individuals in the study:

- Ranged in age from 39 to 43;
- Were identified during routine physician visits;
- Were without major disease;
- Were not taking any medication for blood pressure;
- Did not have hypertension; Measuring systolic and diastolic pressures clinically;
- Had repeated blood pressure measurements to verify their qualification.

Participants were randomized into 2 groups, one taking Neo40® daily and one taking an identical tab without active ingredients (a “placebo”). For 30 days, the participants in both groups took one tab in the morning and one later in the day. Dr. Schwarz and colleagues not only looked at changes in blood pressure but also investigated the changes in functional capacity of the heart through a 6-minute walk test and monitored quality of life through using questionnaires to assess both a physical and psychological changes after the 30-day time period.:

1. Measuring systolic and diastolic pressures clinically;
2. Testing functional capacity in a 6-minute walk test; and
3. Using questionnaires to assess physical and psychological changes after the 30-day time period.

## **PROMISING RESULTS IN ONE MONTH**

After just 30 days, the blood pressures in the Neo40® daily group showed significant improvements. The systolic numbers showed a 12-point drop, and the diastolic numbers showed a 6-point drop on average. There was no significant improvement in the placebo tab group on blood pressures. In the 6-minute walk test, performed to assess for physical improvements, the Neo40® daily group outpaced the placebo group once again. After 30 days, the Neo40® daily group showed significant improvement by being able to walk 55 meters farther than before taking the supplement. The placebo group actually showed a poorer performance overall after 30 days.