

▶ **A proven, non-drug way to lower blood pressure**

Doctors around the world recommend RESPeRATE as an internationally recognized adjunctive therapy to lower blood pressure.

▶ **A truly natural approach without side effects**

Breathing with RESPeRATE relaxes the muscles that surround your small blood vessels, allowing blood to flow more freely. Within weeks, the effect accumulates, resulting in a significant blood pressure reduction.

▶ **Pleasant and easy to use**

RESPeRATE's personalized and interactive breathing sessions leave you feeling relaxed and calm.

▶ **Works with medications, diet and exercise**

RESPeRATE can be used safely with medication or lifestyle modifications such as diet and exercise.

What patients are saying:

"RESPeRATE did wonders for my blood pressure. My blood pressure dropped down to an amazing 122/74, something neither the medication nor the exercise had ever been able to do alone."

Paula Carney, Chicago, Illinois

"RESPeRATE's impact upon my life and health have been amazing. I found that the breathing exercises lowered my blood pressure almost from the start. Thanks to your product, I no longer have to fear the blood pressure cuff. I now can enjoy the security of knowing that, day after day, my blood pressure is safe and steady."

Vinton McCabe, Easton, Connecticut

What doctors are saying:



"Our clinical study concluded that RESPeRATE is easy to use, did not have any side effects and delivered a significant blood pressure reduction."

Dr. William Elliott

Rush University Medical Center

Chicago, Illinois



"My patients really like it. RESPeRATE allows patients to have more of a role in their care."

Dr. Joseph Marek

Cardiologist, Midwest Heart Specialists

Downers Grove, Illinois

Frequently Asked Questions:

Q: Can I use RESPeRATE with my medications?

A: Yes, RESPeRATE can be safely added to existing high blood pressure therapies, including medications.

Q: Does RESPeRATE have any side effects?

A: No. There are no known side effects from using RESPeRATE.

Q: Could RESPeRATE lower my blood pressure too much?

A: No. RESPeRATE doesn't reduce blood pressure for people with normal pressure levels, but rather brings it toward the optimal, healthy range for people with high blood pressure.

Q: Why can't I do the same breathing exercises without RESPeRATE?

A: Routinely practicing the type of structured breathing exercises that have been shown to reduce blood pressure is very difficult without a personalized coach such as RESPeRATE.

Q: How many people are using RESPeRATE?

A: RESPeRATE is already in use by over 100,000 people and healthcare providers.

Please Note: RESPeRATE should only be used as a part of an overall health program for achieving goal blood pressure, as recommended by a doctor. RESPeRATE can be safely used in conjunction with medications and lifestyle modifications such as diet and exercise.

Buy RESPeRATE today!

To find out more about the benefits of RESPeRATE speak to your pharmacist, visit www.resperate.ca or call us at 1-800-728-7327.



Kit includes:
RESPeRATE Device
Breathing Sensor
Ear Buds
Carry Case
Quick Start Guide
User Manual
Four AA Batteries



An internationally recognized, nondrug way to lower blood pressure.

- ▶ **No side effects**
- ▶ **Doctor recommended**
- ▶ **Pleasant and easy to use**

VISIT RESPERATE.CA

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A proven, non-drug way to lower blood pressure

RESPeRATE

is the first and only non-drug therapy indicated for the adjunctive treatment of hypertension and available without a prescription.



Harness the Natural Power of Breathing to Lower Blood Pressure

Scientific evidence shows that certain breathing exercises, when performed routinely and without conscious effort, can lower your blood pressure. But, these exercises can be difficult to perform on your own. RESPeRATE's patented technology does the work for you, enabling effortless therapeutic breathing to significantly lower your blood pressure.

RESPeRATE is:

- ▶ Internationally recognized to reduce high blood pressure
- ▶ Not a drug and has no side effects
- ▶ Pleasant and easy to use
- ▶ Cleared for sale without a prescription

RESPeRATE is already in use by over 100,000 people and healthcare providers.

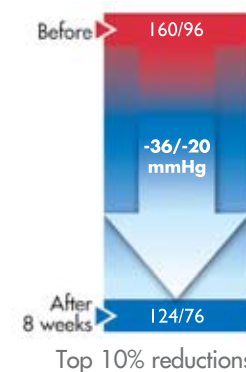
How RESPeRATE works

RESPeRATE's patented technologies interactively guide your breathing from the typical range of 14 to 19 breaths per minute down to the "therapeutic zone" of just under 10 breaths per minute.

The physiological result? The muscles surrounding the small blood vessels in your body dilate and relax. Blood flows more freely and pressure is lowered. And while your breathing returns to normal after each session with RESPeRATE, the beneficial impact on your blood pressure is cumulative.

Just 15 minutes, 3 to 4 times per week

Within 3 to 4 weeks of use, a significant, all-day reduction in blood pressure can be achieved. And, as with any other exercise, regular use of RESPeRATE enables you to maintain the blood pressure reduction benefit.



High Blood Pressure Reduction with RESPeRATE

Lowers high blood pressure by up to 36 points systolic and 20 points diastolic (top 10% reductions), as shown in seven separate clinical trials with average reductions of 14/8 points.

Breathing with RESPeRATE Makes the Difference

RESPeRATE's patented "Device Guided Breathing" technology taps the body's natural tendency to follow musical rhythms. After analyzing your breathing, RESPeRATE composes personalized guiding tones to change the pattern of your breathing and gradually reduce its rate. After each session, your breathing returns to normal, but the beneficial impact on your blood pressure accumulates.

During each session, RESPeRATE:

- ▶ Recognizes your personal breathing pattern.
- ▶ Guides you to slow your breathing.
- ▶ Keeps you in the "therapeutic zone" of less than ten breaths per minute.

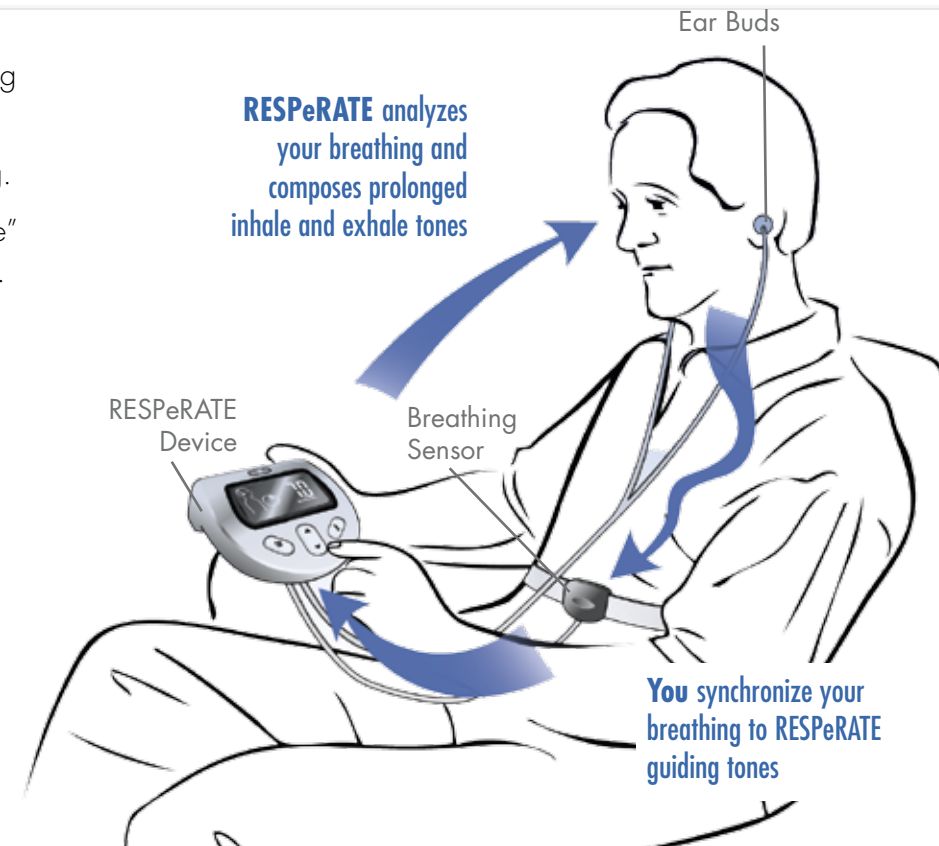
Lower Your Blood Pressure... Without Side Effects

Clinical trials prove RESPeRATE significantly reduces blood pressure without side effects. For best results, use for 15 minutes per session, at least 3-4 times a week.

For more information, visit www.resperate.ca

"RESPeRATE is easy to use, and well-designed... Many people will find RESPeRATE a valuable tool in staying healthier by wisely managing their blood pressure."

— Sandy Berger, AARP



RESPeRATE analyzes your breathing and composes prolonged inhale and exhale tones

You synchronize your breathing to RESPeRATE guiding tones

Media

The Wall Street Journal:

"Mounting research shows that exercises to slow breathing can help reduce elevated blood pressure... and may be worth trying especially if you have prehypertension and are trying to avoid medication..."

The Washington Post:

"Breathing deeply and exhaling slowly can do wonders for our health, by opening up tiny blood vessels and taking pressure off the heart. But filling the lungs in a heart-healthy way is surprisingly difficult... Enter RESPeRATE..."

PARADE:

"If you have high blood pressure, you now can breathe easier. RESPeRATE is the first non-drug device approved by the FDA to reduce blood pressure without the side effects of medication..."

RESPeRATE is also featured in Mayo Clinic's *5 Steps to Controlling High Blood Pressure* and *The Blood Pressure Cure*.

