

help: blood pressure FAQs

Q1. What are dairy peptides and how do they work?

A. Dairy peptides (milk protein) naturally occur in dairy food. Scientific studies show that they can actively help to control blood pressure as part of a healthy diet.

Elevated blood pressure can be caused by various factors, one of which is a constriction or narrowing of blood vessels triggered by the hormone angiotensin 11. In the Angiotensin Converting Reaction, called 'ACE', this can cause blood vessels to constrict, or narrow, effectively raising blood pressure. Dairy Peptides from Milk Protein (Lactotriptides) act as a natural blocker of this reaction.

When the constriction is inhibited, elevation of blood pressure can be prevented and kept at healthy levels.

Q2. What evidence is there to suggest that dairy peptides effectively lower blood pressure?

A. Dairy peptides have been evaluated in more than 20 separate studies which all concluded that the ingredient is effective in lowering elevated blood pressure. Research by the British Journal of Nutrition (2005) concluded that food or drink enriched with dairy peptides could prevent hypertension in people with above normal blood pressure.

Q3. Are dairy peptides effective in water, beverages or soft foods?

A. Yes, dairy peptides are a water soluble milk protein complex which means that its solubility characteristics allow it to dissolve in water, other non-carbonated beverages and soft foods whilst retaining its full effectiveness.

Q4. Why can't I just eat dairy products to benefit from dairy peptides?

A. Whilst dairy peptides are derived from milk protein, their beneficial effects cannot be experienced by simply drinking milk. The functional benefits are a result of the proprietary derivation process using natural enzymes.

Q5. What other ingredients are in the food supplement?

A. Each 4g sachet also contains 3.65g of Oligofructose which is a natural source of soluble fibre.

Q6. How many sachets of help: blood pressure do I need to take every day to help maintain healthy blood pressure?

A. Each 4g sachet contains 0.38g of dairy peptides. Current clinical research indicates that consuming 0.75g of dairy peptides each day will produce blood pressure controlling results in people with mild hypertension, so you need to consume 2 sachets each day.

Q7. How long do I need to take it to begin to see results?

A. Research indicates that you should consume 0.75g of dairy peptides daily for a minimum of four weeks and as part of a healthy diet to begin to see the benefits.



Q8. Have you carried out your own consumer trials?

A. Works With Water conducted its own consumer trial of 67 individuals with hypertension last year. Participants were asked to consume the equivalent of 2 x 4g sachets each day and record their blood pressure regularly. 89 per cent recorded a significant reduction in their blood pressure.

Q9. How much of a problem is high blood pressure in the UK?

A. According to the Blood Pressure Association there are 16 million people in the UK living with high blood pressure (30-40% of all adults), 5.3 million of which are undiagnosed. High blood pressure can lead to an increased risk of heart attack, stroke, kidney disease and dementia.

Q10. Can help: blood pressure replace drugs that are commonly prescribed for hypertension?

A. No. It is **not** intended as a replacement for any prescription drugs. Anyone who is concerned that they might have a higher than normal blood pressure is advised to consult their doctor.

Q11. Help: blood pressure contains dairy peptides but I am lactose intolerant. Can I still use the product?

A. Yes, help: blood pressure is suitable for lactose intolerant people.

