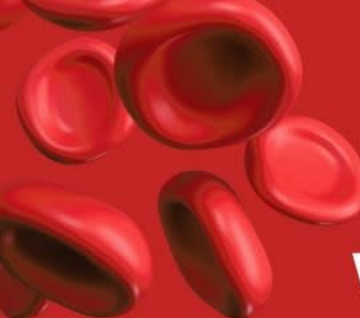
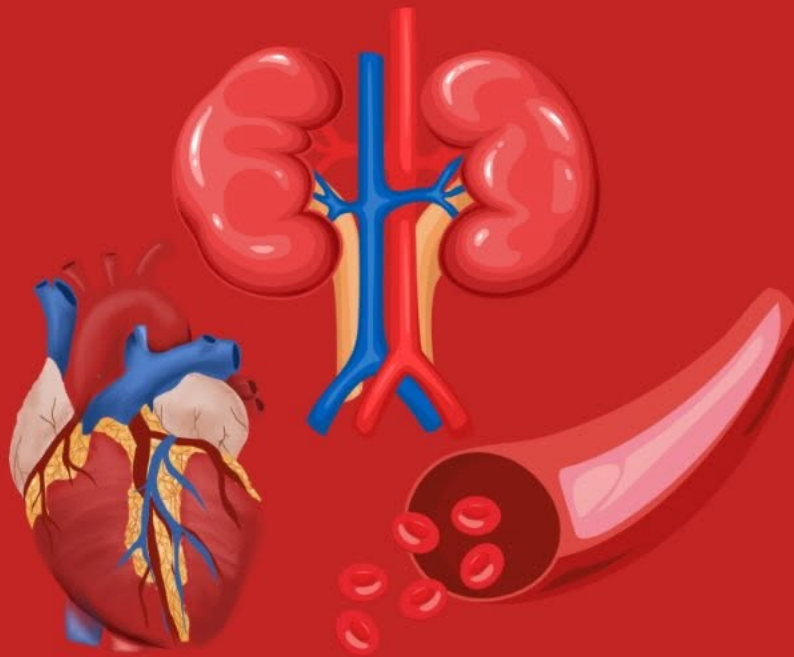




WHAT ONE THING MAY PROTECT YOUR KIDNEYS, HEART AND REDUCE THE RISK OF STROKES?



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A BLOOD PRESSURE MONITOR



NO HACK

**JUST A SIMPLE CHECK &
MONITORING**

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**HIGH BLOOD
PRESSURE DOES NOT HAVE ANY
SYMPTOMS AND IF LEFT
UNTREATED CAN HAVE
LIFE CHANGING CONSEQUENCES**

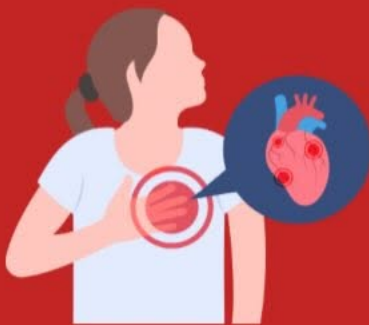


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HIGH BLOOD PRESSURE



**Makes the heart
work much
harder**



**Damages small
blood vessel in
the brain**



**Damages small
blood vessel in the
kidneys**



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HIGH BLOOD PRESSURE CAN BE REDUCED WITHOUT MEDICATION IF DETECTED EARLY.

1.



**Balanced
Diet**

2.



**Regular
Exercise**

3.



**Adequate
sleep**

4



**Reduced
salt intake**

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**LOOK AFTER YOUR KIDNEYS,
HEART AND BRAIN .**



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