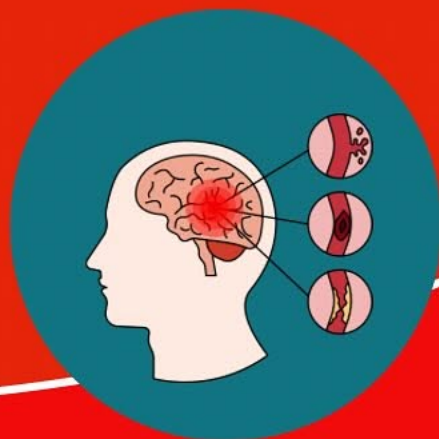
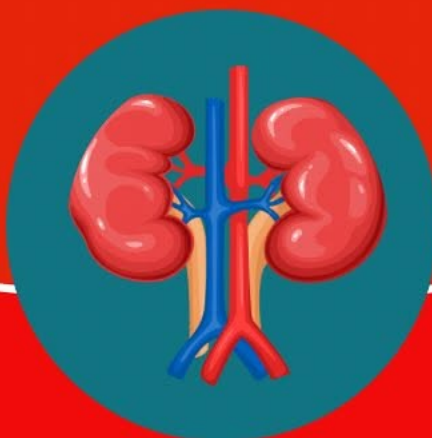
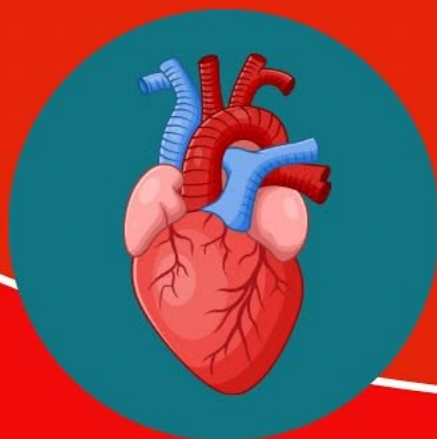


KNOW YOUR NUMBERS

**High blood pressure often has no symptoms
But it increases your risk of heart disease, kidney
disease and stroke.**



**REGULAR CHECK UPS
MATTER SEE YOUR GP OR
PHARMACIST**



**SMALL CONSISTENT CHANGES
WILL REDUCE YOUR OVERALL
RISK**



**A HEALTHY DIET AND
LIFESTYLE HELP KEEP
NUMBERS IN RANGE**



Kidney nutrition matters



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