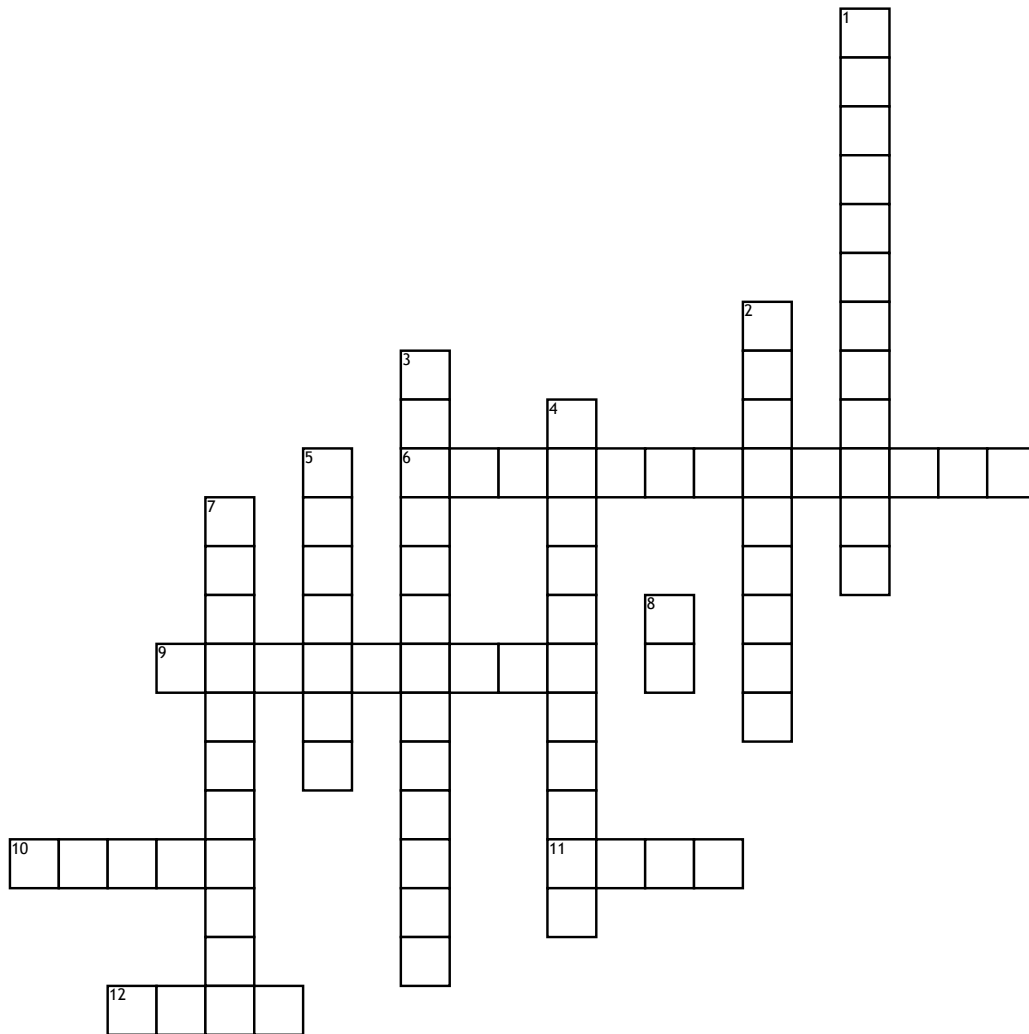


Integrative Medicine Approach to Hypertension



Across

6. Antioxidants have been shown to block _____ induced increases in BP.
9. Which forms of magnesium generally cause diarrhea?
10. Iodized salt is commonly referred to as _____ salt.
11. Recommended diet for hypertension.
12. Sodium intake below the recommended level of _____ mg daily can significantly and quickly lower BP.

Down

1. Folic acid and vitamin B6 lowers _____ levels.
2. Low intracellular potassium levels may be the result of low _____ intake.
3. This type of breathing is deep and relaxed.
4. L-citrulline and L-arginine are important in the formation of _____ (vasodilator).

5. The bonito anti-ACE peptides are considered a _____ because the transformed peptides exert an 800% greater activity level.
7. _____ is also known as ubiquinone and is an essential component of the mitochondria.
8. FDA restricts the amount of potassium available in OTC potassium supplement to _____ mg per dose.