High blood pressure directly kills over 50,000 people in the United States each year and contributes to another 200,000+ deaths. Obviously it is a HUGE problem. Compounding the matter is that the various drugs used to treat high blood pressure often make patients feel worse because of side effects. Fortunately, there is an amazing new natural approach that is both safe and effective in helping to lower blood pressure.

What are Anti-ACE Peptides™?
This natural supplement is composed of a purified mixture of 9 small peptides (proteins) derived from muscle of the fish bonito (a member of the tuna family) and is also free from heavy metals (e.g. lead, mercury, etc.), pesticides, and other contaminants.

How does it work to lower blood pressure?
Anti-ACE Peptides™ works to lower blood pressure by inhibiting ACE (angiotensin converting enzyme). This enzyme converts angiotensin I to angiotensin II – a compound that increases both the fluid volume and the degree of constriction of the blood vessels. If we use a garden hose model illustrate the pressure in your arteries, the formation of angiotensin II would be similar to pinching off the hose while turning up the faucet full blast. By inhibiting the formation of this compound, Anti-ACE Peptides™ relax the arterial walls and reduce fluid volume. Anti-ACE Peptides™ exert the strongest inhibition of ACE reported for any naturally occurring substance available.

How does Anti-Ace Peptides™ differ from the drugs?
The ACE inhibiting drugs are emerging as the preferred drug for the treatment of high blood pressure. The reason is that unlike other drug treatments (e.g., diuretics and beta-blockers) ACE inhibitors actually improve heart function and increase blood and oxygen flow to the heart, liver, and kidneys. This effect may explain why ACE inhibitors are the only antihypertensive drugs that appear to reduce the risk of having a heart attack. Unfortunately, they do not have any effect on reducing the risk for strokes.

The down side to the ACE inhibitors are their side effects including the development of a dry nighttime cough, dizziness, light-headedness, and headache. ACE inhibitors can also cause potassium buildup and kidney problems, so potassium levels and kidney function should be monitored. And, all of the ACE inhibitors appear to be capable of producing a severe allergic reaction that can be life-threatening.

ACE inhibitors, generic name (brand name):
• benazepril (Lotensin); captopril (Capoten); captopril/hydrochlorothiazide (Capozide); enalapril maleate (Vasotec); fosinopril sodium (Monopril); lisinopril (Prinivil, Zestril); quinapril/magnesium carbonate (Accupril); ramipril (Altace); tandolapril (Mavik)

Anti-ACE Peptides™ do not appear to produce any side effects according to human safety studies. The typical daily dosage is 1.5 grams, but even at a daily dosage of 30 grams per day not a single subject experienced any side effect including the dry nighttime cough so typical with the ACE inhibitor drugs.

Why doesn’t the Anti-ACE Peptides™ produce side effects?
The probable reason is that its mechanism of action in inhibiting ACE is different than that of the drugs. Research bears this theory out. The drugs basically indiscriminantly block ACE by interfering with its action while the Anti-ACE Peptides™ interact much differently. ACE converts angiotensin I to

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antigens II by cleaving off a small peptide. Drugs work by directly blocking this action. Anti-ACE Peptides™ work differently. ACE actually reacts with the Anti-ACE Peptides™ instead of antigens. In addition to competing with antigens via this effect, Anti-ACE are transformed into even more potent inhibitors of ACE. Technically speaking, Anti-ACE are considered a “pro-drug.” This term is used to describe substances that are converted in the body to more active compounds. While the Anti-ACE have shown good ACE inhibition, the transformed exert an 800% greater activity.

**Does Anti-ACE lower blood pressure in people with normal blood pressure?**

No, because of the unique and amazing mechanism of action of Anti-ACE does not lower blood pressure in people with normal blood pressure—even when administered at levels 20 times greater than the dosage level that lowers blood pressure in people with high blood pressure. Drugs just don’t work in this manner and as a result often cause side effects when taken at higher dosages.

**Are there other naturally occurring peptides™ that inhibit ACE?**

Yes, there are other peptides™ that have been shown to inhibit ACE including from milk, chicken, and other fish. What makes Anti-ACE unique and superior to these other is that while other show activity in test tube studies when they are administered to animals (or humans) they are not active. The difference appears to be the fact that the Anti-ACE are absorbed intact when taken orally while the other are broken down by digestive enzymes.

**What kind of clinical effect has been seen with Anti-ACE?**

Three clinical studies have shown Anti-ACE exert significant blood pressure lowering effects in people with high blood pressure (hypertension).2-4 The material appears to be effective in about two thirds of people with high blood pressure—about the same percentage as many prescription drugs. (NOTE: People who do not respond to Anti-ACE after a two month trial should try Celery Seed Extract [discussed below]). The degree of blood pressure reduction in these studies was quite significant, typically reducing the systolic by at least 10 mm Hg and the diastolic by 7 mm Hg in people with borderline and mild hypertension. Greater reductions will be seen in people with higher initial blood pressure readings.

**What is the proper dosage?**

The typical dosage is three 500 mg capsules daily. No side effects were reported in the clinical studies and a safety study showed no side effects with dosages as high as 30 g daily. Anti-ACE do not affect blood pressure in people without hypertension.

**What else should a person do to help lower blood pressure?**

Just like other degenerative diseases including atherosclerosis, the development of high blood pressure is closely related to lifestyle and dietary factors. Some of the important lifestyle factors which may cause high blood pressure include stress, lack of exercise, and smoking. Some of the dietary factors include: obesity; high sodium to potassium ratio; low fiber, high sugar diet; high saturated fat and low omega-3 fatty acid intake; and a diet low in calcium, magnesium and vitamin C.

Special foods for people with high blood pressure include celery, garlic and onions, nuts and seeds or their oils for their essential fatty acid content, cold-water fish (salmon, mackerel, etc.) or fish oil products concentrated for EPA and DHA, green leafy vegetables for their rich source of calcium and magnesium, whole grains and legumes for their fiber, and foods rich in vitamin C like broccoli and citrus fruits.

Celery Seed Extract is often an important companion to Anti-ACE ™. It contains a substance - 3-n-butyphthalide (3nB) - that can also lower blood pressure. In animals, a very small amount of 3nB lowered blood pressure by 12 to 14%.5 3nB appears to help lower blood pressure by both acting as a diuretic and vasodilator in a similar manner to drugs known as calcium-channel blockers. The dosage for Celery Seed Extract is based upon the level of 3nB. For the extract standardized to contain 85% 3nB the dosage is 150 mg daily.

Garlic and onions are also important foods for lowering blood pressure. In addition, taking a garlic supplement that delivers at least 4,000 mcg of allicin daily may also be of benefit.6

Anyone with high blood pressure should also be on a high potency multiple vitamin and mineral formula to insure optimal levels of key nutrients, especially magnesium.

**Can I take Anti-ACE if I am on blood pressure lowering drugs?**

Yes. There are no known adverse effects with Anti-ACE including adverse drug reactions. Anti-ACE will not lower blood pressure below the normal range even in people on blood pressure lowering drugs.

**Should I stop taking my blood pressure medicines and switch to Anti-ACE?**

No. Do not stop taking any medication unless advised to do so by your physician. Anti-ACE can be used in conjunction with your medication. If appropriate, after two weeks of use your physician can reduce the dosage of your medication based upon stabilization of blood pressure in the normal range.

**Final comments**

High blood pressure should not be taken lightly. By keeping your blood pressure in the normal range, you can not only improve the length of your life, but also the quality of your life as well. This statement is especially true if natural measures rather than drugs are used to attain proper blood pressure.

**References**