



# Why PreCardix®?

## Attributes, clinical evidence and proper use.

### Bioactive marine peptides

PreCardix® is an effective non-prescription natural product for healthy blood pressure and cardiovascular health. PreCardix® contains the clinically-validated dose of unique patented bioactive marine peptides (small fragments of protein) derived from cold-water shrimp shells (*Pandalus borealis*). Healthy blood pressure is an important factor for longevity and wellness, and maintaining healthy blood pressure levels reduces the risk of developing blood pressure-related conditions.

Health Canada approves PreCardix® as a safe and effective natural product for healthy blood pressure and cardiovascular health. The Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA) also approve PreCardix®.



PreCardix® is made with non-gmo, dairy and gluten-free ingredients.  
PreCardix® is an innovation of Marealis, a certified B Corporation.  
Designed in Norway, made in Canada.



MAREALIS®



## Clinically Proven to Support Healthy Blood Pressure

PreCardix® bioactive marine peptides were studied in people with mild to moderately elevated blood pressure. 1200 mg of these bioactive marine peptides (contained in the suggested daily dose of 2 tablets of PreCardix®) were found in clinical trials to have a statistically significant effect on blood pressure health. The clinical trial<sup>1</sup>, published in the International Journal of Hypertension, showed that 89% of adults with mild to moderately elevated blood pressure experienced a significant effect within eight weeks or less of taking PreCardix® as directed (2 tablets together, preferably away from food).

### PreCardix® Effectiveness

In the clinical study, the average improvement in blood pressure was 6.7 mmHg in systolic blood pressure and 1.7 mmHg in diastolic blood pressure within 8 weeks<sup>1</sup>, compared to baseline\*.

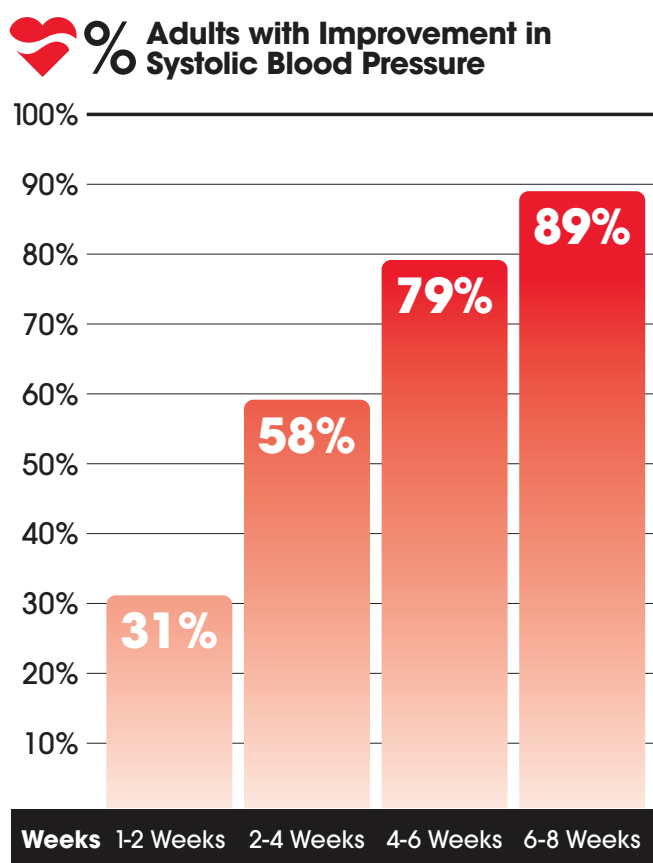
The effect of PreCardix® bioactive marine peptides on blood pressure observed in study participants was up to 38 mmHg for systolic blood pressure and up to 28.7 mmHg for diastolic blood pressure compared to individual baselines\*.

*\*blood pressure results per participant at the start of the study.*

The speed of effectiveness also varied by the individual during the clinical trial. 31% of adults experienced significant effects after two weeks, and 89% experienced significant effects by eight weeks<sup>1</sup>.

1 Musa-Veloso K, Paulonis L, Pelipyagina T, Evans M. A Randomized, Double-Blind, Placebo-Controlled, Multicentre Trial of the Effects of a Shrimp Protein Hydrolysate on Blood Pressure. Int J Hypertens. 2019;2019:2345042. Published 2019 Aug 5. doi:10.1155/2019/2345042. Ref. table 4

### Results over time



*\*Marealis 13TBHM. Full scale, randomized, double blind, placebo-controlled multi-centred study.*

### How does PreCardix® work?

The bioactive marine peptides in PreCardix® have been studied and found to have an ACE-inhibiting mechanism of action. ACE inhibitors affect blood pressure by preventing ACE (angiotensin-converting enzyme) from converting angiotensin I to angiotensin II. Angiotensin II increases blood pressure in several ways, including stimulating sodium and fluid retention and constricting blood vessels. Inhibiting excess levels of ACE reduces the levels of angiotensin II, and thus prevents blood pressure to rise.

## Side effects

PreCardix® does not have any reported serious side effects. It has not been found to cause side effects sometimes associated with ACE inhibitors such as dry cough, itching, edema (swelling), high potassium levels, or hypotension (low blood pressure).

PreCardix® may cause moderate nausea. One case of mild; euphoric mood, fatigue, upper abdominal pain, and headache occurred during the clinical trial.

## Interactions with food

There are no known interactions with food.

## Is PreCardix® right for you?

PreCardix® has been studied in a non-medicated healthy\* adult population with mild to moderately elevated blood pressure.

\*adults without pre-existing medical conditions

## PreCardix® may be considered for the following adults:

- Those seeking to support healthy blood pressure and cardiovascular health, where blood pressure medication is not yet indicated
- Those looking to complement recommended lifestyle interventions (diet, exercise and stress management) to support blood pressure health

## PreCardix® may be appropriate for the following adults only under the supervision and direction of a health care provider:

- Adults currently taking blood pressure-lowering medications
- Adults taking medication for other health conditions
- Those with pre-existing medical conditions

Talk to your health care provider before making any changes to your blood pressure management plan. PreCardix® is not a substitute for medication and has not been studied in conjunction with other medications.

Remember: Share this PreCardix® product monograph and/or the professional monograph\* with your health care provider who can advise you on drug interactions, contra-indications and other factors related to your health to help determine if PreCardix® is appropriate for you.

\*[precardix.ca/resources](https://precardix.ca/resources) (for health care professionals)

**Contraindications:**

PreCardix® is not appropriate for or during:

- Pregnancy or while breast-feeding
- Children under 18 years old
- Individuals with a shellfish allergy
- Patients who have a history of angioedema related to the use of ACEI medication
- Patients with renal artery stenosis

**Cautions and warnings:**

Consult a health care practitioner prior to use if you are taking blood pressure medication or blood thinners; if you are taking medication, have a medical condition or are planning any medical procedure.

**Directions and Dose**

Adults: Take two (2) tablets together daily, preferably away from food.

Allow up to 8 weeks (2 packs) to achieve results and continue to take daily to maintain results. Measure and monitor blood pressure regularly.

**PreCardix® active ingredient: bioactive marine peptides.****Clinical studies review.**

The pilot Mare-study indicated the safety of the bioactive marine peptides, their positive impact on blood pressure, and identified the necessary therapeutic dose to achieve a significant effect on blood pressure.

The second clinical study reporting PreCardix® bioactive marine peptides' mechanism of action and effect on blood pressure health was reviewed by Health Canada, Hypertension Canada, and Canadian pharmacists. The study is peer-reviewed and published in the International Journal of Hypertension.

Read the study here: Hindawi | International Journal of Hypertension | August 5, 2019 Volume 2019 | Article ID 2345042  
<https://www.hindawi.com/journals/ijhy/2019/2345042/>

**Important Information**

Always consult with your health care provider before making changes to your blood pressure management plan. PreCardix® does not treat, cure or prevent medical conditions. Measure and monitor blood pressure regularly. Know the signs of heart attack and stroke. Do not take PreCardix® if you are pregnant, breastfeeding, have renal artery stenosis, history of angioneurotic edema, or shellfish allergy.



## Sustainability

PreCardix® is an innovation of Marealis, a Norwegian Bio-tech and certified B corporation. B Corps are accelerating a global culture shift to redefine success in business and build a more inclusive and sustainable economy. We meet the highest verified standards of social and environmental performance, public transparency, and legal accountability to balance profit and purpose.

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For me,  
PreCardix®  
is about  
peace  
of mind.

—Sheila



## Understanding Blood Pressure

When blood pressure is measured, two values are recorded; systolic blood pressure (SBP) and diastolic blood pressure (DBP). For example, 120/80 mmHg. The first number represents systolic blood pressure; the maximum force blood exerts against blood vessels. This number tells you the pressure in the blood vessels when the heart is beating. The second number is diastolic blood pressure; the lowest force blood exerts against blood vessels. This number tells you the pressure in the arteries when the heart is relaxing between beats.

### Measuring and Monitoring Blood Pressure on PreCardix®

Use the following charts or download the free PreCardix® Blood Pressure App to establish your baseline blood pressure and record weekly results.

### Baseline Blood Pressure – Your Blood Pressure Before Starting PreCardix®

Please record your baseline blood pressure. Example 120/80. The top number is your systolic blood pressure. The bottom number is your diastolic blood pressure. For more information visit [PreCardix.ca](https://precardix.ca) FAQs – Search ‘how do I measure my baseline and weekly blood pressure’.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average
AM Blood Pressure								
PM Blood Pressure								

### Weekly Blood Pressure – Your Blood Pressure While Taking PreCardix®

Please record your blood pressure each week. Example: 120/80. At the end of eight weeks record the difference between your baseline blood pressure and your week 8 blood pressure. Every 2 mmHg improvement has a significant effect on outcomes.

	Average Baseline	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Change
AM Blood Pressure										
PM Blood Pressure										