



A Proven Non-drug Way to **Lower Blood Pressure**

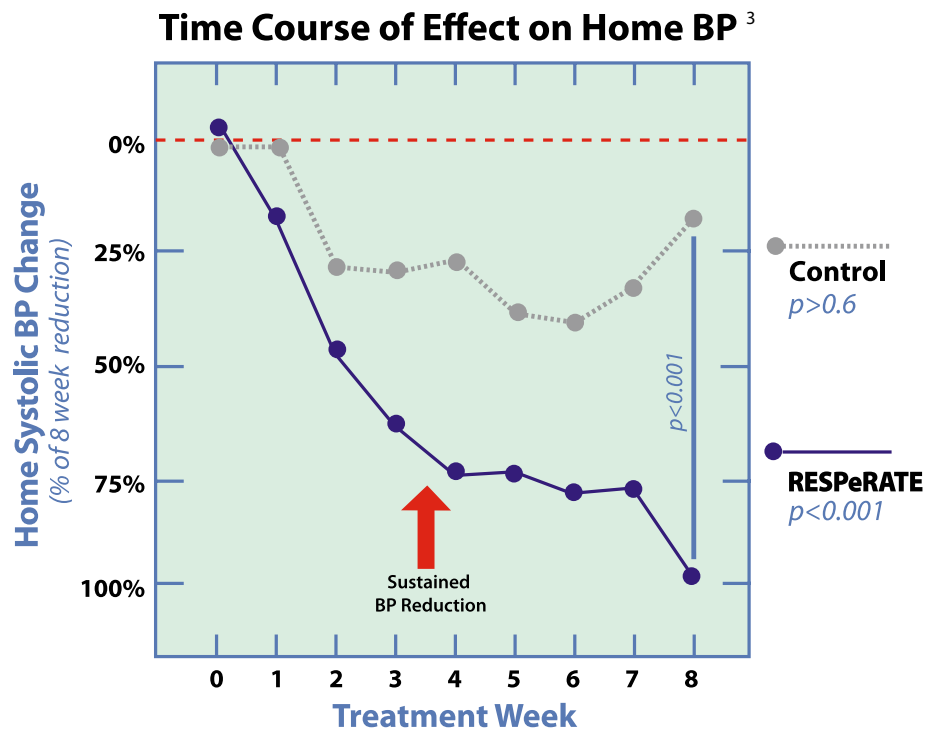
- **Validated in 10 clinical trials**
- **No side effects**
- **Pleasant and easy to use**

Seven out of ten hypertensive Americans do not have their blood pressure under control. Pharmacological interventions and lifestyle modifications may not be enough to achieve goal blood pressure. RESPeRATE offers an additional non-drug option clinically proven to lower blood pressure with no side effects.

Lower Blood Pressure with No Side Effects

RESPeRATE is the first and only non-drug therapy indicated for the adjunctive treatment of hypertension and available without a prescription.

- 14/8 mm/Hg average sustained blood pressure reduction within 8 weeks
- Validated in 10 clinical studies published in peer-reviewed medical journals
- No observed side effects
- Pleasant and easy to use

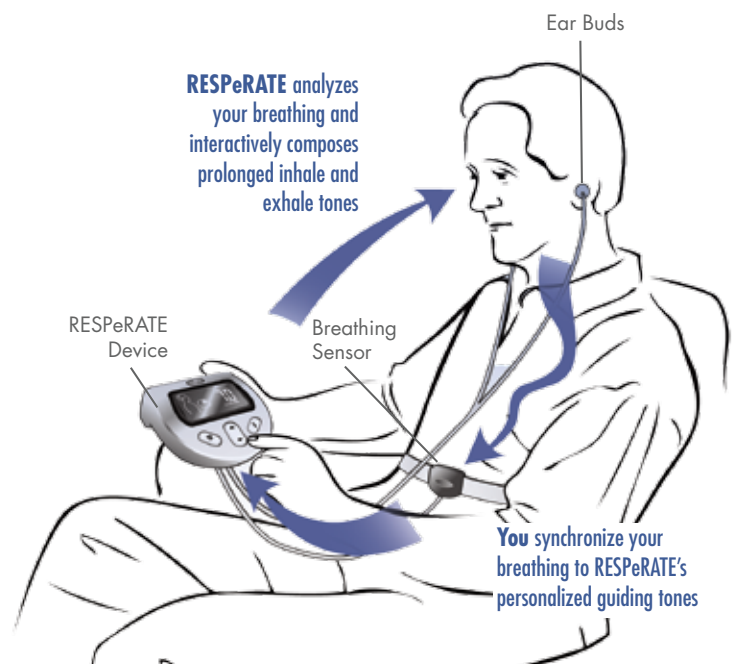


HOW RESPeRATE Works

RESPeRATE's patented "Device Guided Breathing" taps the body's natural tendency to follow musical rhythms. RESPeRATE composes personalized guiding tones to change the pattern of breathing and gradually reduce its rate to less than 10 breaths per minute.

Sympathetic neural activity is reduced, decreasing peripheral resistance in small blood vessels, and lowering blood pressure.

After each session of device guided breathing, respiration returns to normal, but the beneficial impact on blood pressure accumulates. Used routinely for 15 minutes a day, RESPeRATE demonstrates a significant, sustained blood pressure reduction beyond the reduction from concurrent treatments.



Healthcare Provider FAQs

Can the breathing exercises be performed alone, without the device?

Routinely practicing the type of structured, effortless breathing exercises that have been shown to reduce blood pressure is very difficult without a personalized coach such as RESPeRATE.

What is the recommended course of treatment for RESPeRATE?

Studies have shown RESPeRATE delivers significant blood pressure reductions if used for 15 minutes at a time, at least three to four times per week, in order to attain 40 or more minutes of slow breathing (<10 breaths per minute). Additional use is associated with further blood pressure reductions so it is recommended to use RESPeRATE daily.

How long does it take to realize a BP reduction?

In clinical trials, most patients saw a clinically significant reduction in blood pressure after just three to four weeks of treatment with RESPeRATE. Further reductions accumulate with consistent use.

How long do the effects of using RESPeRATE last?

Clinical studies show that RESPeRATE can provide a sustained, all-day reduction in blood pressure with regular use. Compliance is good as most patients find RESPeRATE relaxing and pleasant to use.

What is the safety profile of RESPeRATE?

The FDA labeling has no contraindications and there are no known side effects with the use of RESPeRATE.

Is RESPeRATE covered by health insurance?

While RESPeRATE is not yet covered by Medicare or major health plans, some insurance plans have covered it on a case-by-case basis. For more information and forms, visit: www.resperate.com/reimbursement.



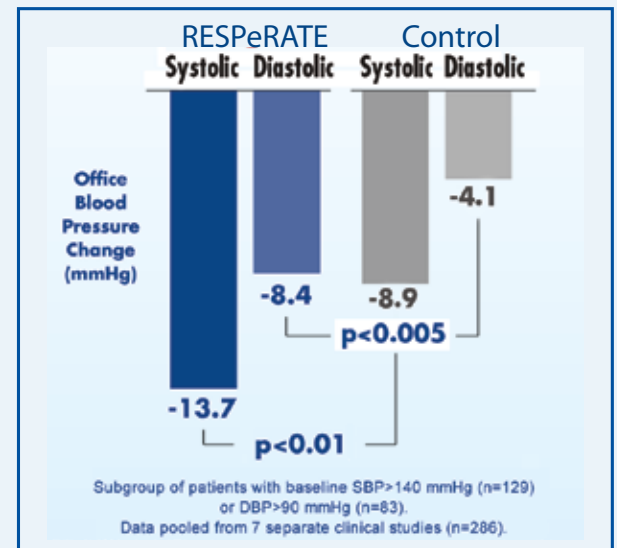
How can patients attain a RESPeRATE device?

RESPeRATE, available OTC, can be purchased directly from InterCure, online resellers such as Amazon.com and a growing number of pharmacies. (Visit www.resperate.com/pharmacies for a list.) Contact Scientific Affairs at InterCure for information regarding professional programs.

PROVEN EFFICACY in 10 Independent Clinical Trials²⁻¹⁰

- Average BP reduction: 14 mmHg systolic and 8 mmHg diastolic¹ (initially uncontrolled), independent of gender and medication status
- Significant, consistent results measured at the clinic²⁻¹⁰, at home³⁻⁷ and with 24-hour ambulatory blood pressure monitor^{6,10}
- Greater BP reductions for:
 - older patients (18/8 mmHg for >age 65)
 - higher baseline BP¹
 - the more time spent in slow breathing⁴

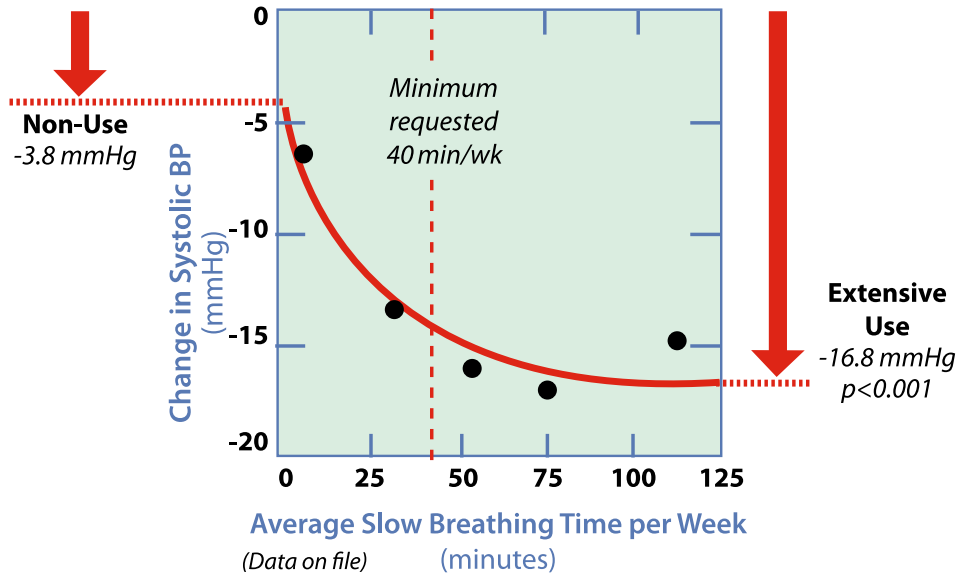
RESPeRATE Significantly Reduces High Blood Pressure



Control Group: Relaxation treatment (Walkman with relaxing music)², placebo intervention by home blood pressure monitor^{3,4} and both.⁵

For more information about the clinical studies visit www.resperate.com/clinician

Dose-Response Relationship: SBP Reduction Increases with Slow Breathing Time



REFERENCES

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- [2] Schein M et al, *J Human Hyperten* 2001; 15(4): 271–278.
- [3] Meles E et al, *Am J Hyperten* 2004; 17:370-74.
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For a full list of publications,
visit www.resperate.com/publications

We are committed to lowering blood pressure

Our Scientific Affairs department will be happy to help you with questions and suggestions.

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InterCure™
Interactive Therapeutic Devices

Please Note: RESPeRATE should only be used as a part of an overall health program for achieving goal blood pressure, as recommended by a doctor. RESPeRATE can be safely used in conjunction with medications and lifestyle modifications such as diet and exercise.