

Dear Customer,

Thank you for downloading RESPeRATE “Clinical Information Brochure” and kudos for taking an active step toward lowering your blood pressure naturally.

RESPeRATE lowers blood pressure by relaxing constricted blood vessels which cause high blood pressure. RESPeRATE does so by harnessing the therapeutic power of slow-paced breathing with prolonged exhalation in a way that is virtually impossible to achieve on your own.

RESPeRATE is so effective, easy, and safe to use, that the US Food & Drug Administration (FDA) cleared it for purchase without a prescription. Nevertheless, we encourage you to print and share the attached “Clinical Information Brochure” with your doctor, as he/she is the person responsible for your overall treatment program.

Since RESPeRATE is not a drug, this information may be your doctor’s first exposure to RESPeRATE here are some points for your discussion:

- It’s the world’s only FDA-cleared non-drug hypertension treatment device
- It’s recommended by the American Heart Association Scientific statement about non-pharmacological hypertension treatment.
- It’s clinically validated to deliver a significant and sustained reduction in blood pressure.
- It’s not a drug and can be safely used in conjunction with medications
- There are over 250,000 satisfied customers using RESPeRATE
- The only “side effect” reported so far was sleeping better

To ensure you’ll **get results that will make your doctor smile**, when you purchase REPSeRATE you’ll also receive our LowerPressure™ 60-day text/email support program for NO extra charge. All you are asked to do is RESPeRATE for 15 minutes a day, and see that high blood pressure go down.

We are so confident that you’ll love RESPeRATE so much that if within 60-days from the delivery date you are not satisfied with your results (or for any other reason) we will refund your full purchase price. This no-risk-offer is for purchases made at [www.resperate.com](http://www.resperate.com) or by calling us directly toll-free 1-800-220-1925 and is not applicable for purchases made at Amazon.

Sincerely,

RESPeRATE cares team

**Resperate Inc.**

[www.resperate.com](http://www.resperate.com)

**Phone:** (800) 220-1925 **Fax :** (347) 244-7179 **Email:** [support@resperate.com](mailto:support@resperate.com)

# CLINICAL INFORMATION



## RESPeRATE HIGHLIGHTS

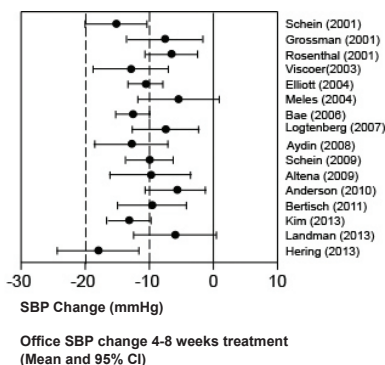
RESPeRATE, the world's only FDA-cleared, non-drug, non-invasive device to treat hypertension. Used by over 250,000 patients and physicians, it is recommended by the American Heart Association scientific statement on non-pharmacological treatments for hypertension [1].

The overall evidence from clinical trials and meta-analysis suggests that Device-guided slow breathing [RESPeRATE] can significantly lower blood pressure. There are no known contraindications to the use of the device and no adverse effect have been noted”

**American Health Association Scientific Statement 2013. [1]**

## PROVEN EFFICACY

### Results: 16 Studies



Significant and sustained reduction in blood pressure (BP) within 8 weeks demonstrated when measured at the office [2-18], at home [3-7, 9, 12-13, 17] and with 24-hour ABPM [4, 10, 19].

10/5 mmHg (weighted average) sustained office BP reduction in adults both with controlled and uncontrolled BP (weighted average from the 16 studies performed in adults [2-18]. Patient population ranged from controlled to refractory hypertensives [5], and included comorbidities such as diabetes [9, 11, 17, 19,] and obstructive sleep apnea [14]. Studies performed in the US, Europe, Middle East and Far East.

# CLINICAL INFORMATION

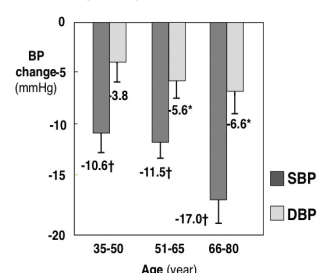
## PROVEN EFFICACY CONTINUED

Data available from 10 studies [2-8,10-11] show greater BP reductions for:

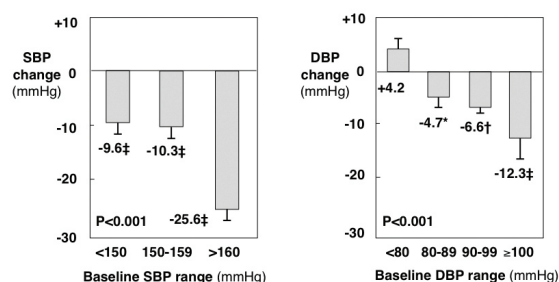
- Older patients: 16/7 mmHg for >age 65
- Higher initial BP: 17/7 mmHg for systolic BP >160 mmHg
- More time spent in slow breathing (<10 breaths/min).

BP reductions were independent of gender and medications

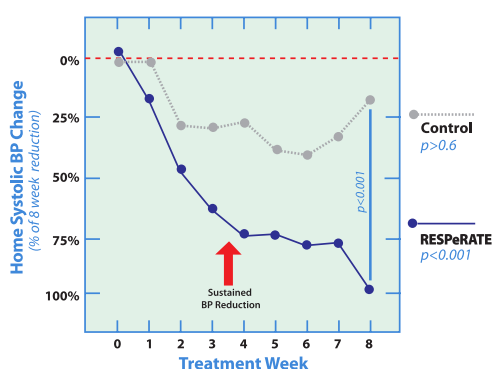
**Age Dependence [8]**



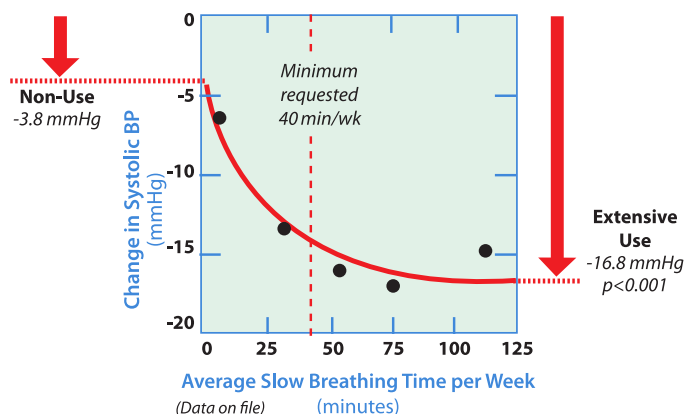
**Baseline Dependence [8]**



**Home SBP Reduction within 8 Weeks [7]**

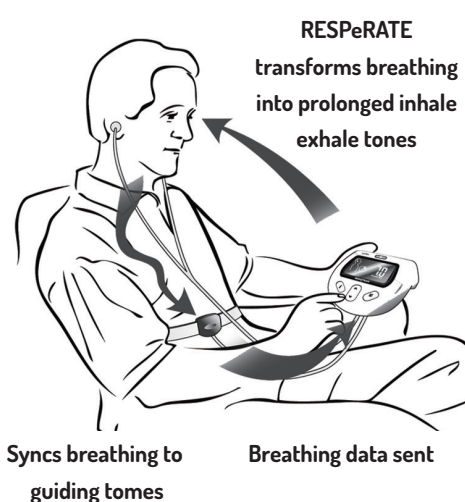


**Dose-Response Relationship: SBP Reduction Increases with Slow Breathing Time [6]**



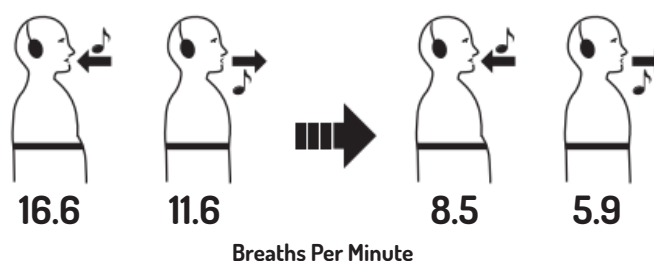
# HOW RESPeRATE WORKS

## How

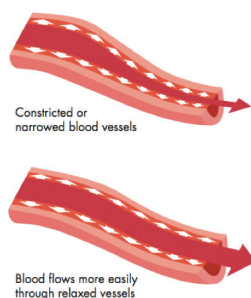


RESPeRATE's patented Respiratory Modulation Therapy taps the body's natural tendency to follow musical rhythms. RESPeRATE analyses the breathing pattern and composes, in real time, a personalized melody with two distinct inhale and exhale guiding tones. By gradually prolonging the exhalation tone RESPeRATE leads the patient to the therapeutic zone of less than 10 breaths per minute with prolonged exhalation guiding tones.

After each session of device guided breathing, respiration returns to normal, but the beneficial impact on blood pressure accumulates and is maintained with routine use.



## Why



RESPeRATE BP lowering effect is rationalized by an acute reduction of the sympathetic neural activity [18, 20, 21] resulting in small blood vessel dilation and a sustained decrease in peripheral resistance and arterial stiffness [15, 22].

## HEALTHCARE PROVIDER FAQs

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

Practicing the type of structured, effortless breathing exercises that is needed to reduce blood pressure is very difficult without a personalized coaching device such as RESPeRATE.

### **What is the recommended course of treatment for RESPeRATE?**

RESPeRATE delivers significant blood pressure reductions if used for 15 minutes 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. 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 three to four weeks of treatment with RESPeRATE. More reductions occur with consistent use.

### **How long do the effects of using RESPeRATE last?**

Clinical studies show that RESPeRATE provides a sustained, all-day reduction in blood pressure with regular use. Compliance is good because RESPeRATE is relaxing and easy to use.

### **What is the safety profile of RESPeRATE?**

The FDA labeling lists no contraindications. There are no known adverse effects from the use of RESPeRATE.

### **Is RESPeRATE covered by health insurance?**

RESPeRATE is a registered medical device at the Veteran Administration system and can be prescribed. While it 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](http://www.resperate.com/reimbursement).

### **How can patients attain a RESPeRATE device?**

RESPeRATE can be purchased directly at [www.resperate.com](http://www.resperate.com) or by calling 1-800-220-1925. It can also be “prescribed” by physicians participating the RESPeRATE Take Control program. Contact Scientific Affairs at [www.resperate.com/clinicians](http://www.resperate.com/clinicians)

## REFERENCES

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