

## Do you have higher than normal blood pressure?

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Are you between 40 and 75 years old?

Do you have higher than normal blood pressure (systolic blood pressure: 120-150mmHg, diastolic blood pressure: 80-100mmHg) and currently not taking any blood pressure management medications?

If so, you may be eligible to participate in a short nutrition study looking at the effects of consuming breakfast cookies containing oat beta-glucan on blood pressure management at University of Manitoba.



Contact us:

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