Dear Customer,

Thank you for downloading the 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 that contribute to high blood pressure. It 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 U.S. 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 or she is responsible for your overall treatment plan.

Since RESPeRATE is a non-drug option, this may be your doctor's first exposure to it. If you choose to discuss it, here are a few helpful points for your conversation:

- RESPeRATE is an FDA-cleared, non-drug medical device clinically proven to lower blood pressure.
- It comes with a structured at-home program, including BP tracking tools, educational videos, support, and a 90-day money-back guarantee.
- The attached brochure summarizes the clinical evidence and how RESPeRATE fits into blood pressure management. It includes dedicated contact information for healthcare professionals.

All you are asked to do is use RESPeRATE for about 15 minutes a day and respond to our support messages.

Sincerely,

The RESPeRATE Care Team

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.

Resperate Inc.
Website: resperate.com | **Phone**: (800) 220-1925 | **Email**: support@resperate.com

CLINICAL INFORMATION

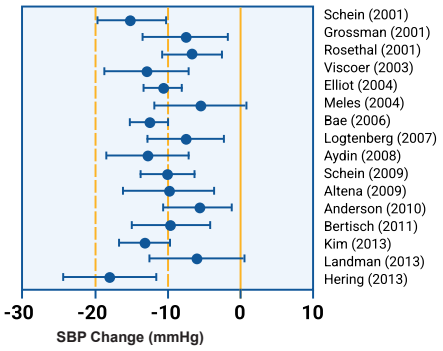
RESPeRATE HIGHLIGHTS

RESPeRATE is the world's only FDA-cleared, non-drug, non-invasive hypertension treatment device. It offers a sustained BP reduction within a few weeks of use, and after close to one million "user-years," its only reported "side effect" is better sleep. RESPeRATE's safety and efficacy in **lowering blood pressure** have been demonstrated repeatedly in **20 clinical research studies** published in peer-reviewed medical journals [2–21].

Below is a direct quote from the American Heart Association Scientific Statement *"Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure"* [1]:

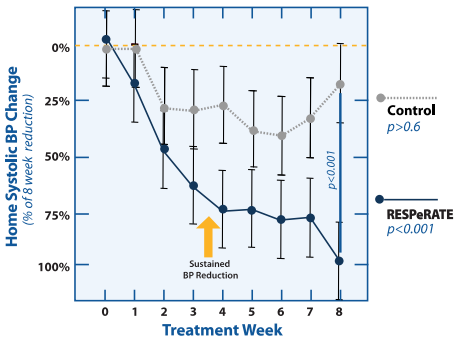
> **"The overall evidence from clinical trials and meta-analysis suggests that device-guided slow breathing [RESPeRATE] can significantly lower blood pressure. There are no known contraindications to the use of the device and no adverse effects have been noted."**

Results: 16 Studies



Office SBP change 4-8 weeks treatment (Mean and 95% CI)

Home SBP Reduction within 8 Weeks [7]



PROVEN EFFICACY

Significant and sustained reduction in blood pressure (BP) within 8 weeks demonstrated when measured at the office [2-21], at home [3-7, 9, 12-13] and with 24-hour ABPM [4 ,10, 18].

Across the 16 adult studies summarized:

- Weighted average office BP reduction: **10/5 mmHg**
- Populations ranged from healthy normotensive [28] to refractory hypertension [5]
- Included comorbidities such as diabetes [9, 11, 18], chronic kidney failure [19], gestational hypertension [21], pulmonary arterial hypertension [41–42], CHF [23, 32–39], COPD [40–41], PTSD [48–50], and more
- Studies conducted in the U.S., Europe, Middle East, and Asia

CLINICAL INFORMATION

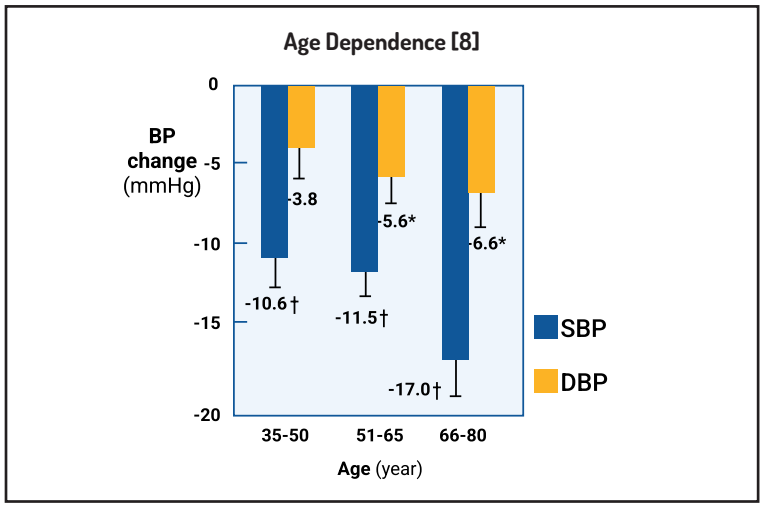
PROVEN EFFICACY CONTINUED

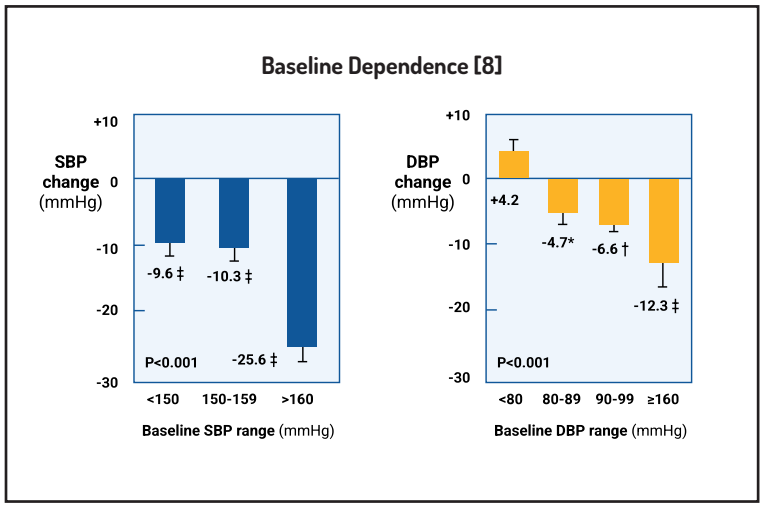
Greater reductions were observed for:

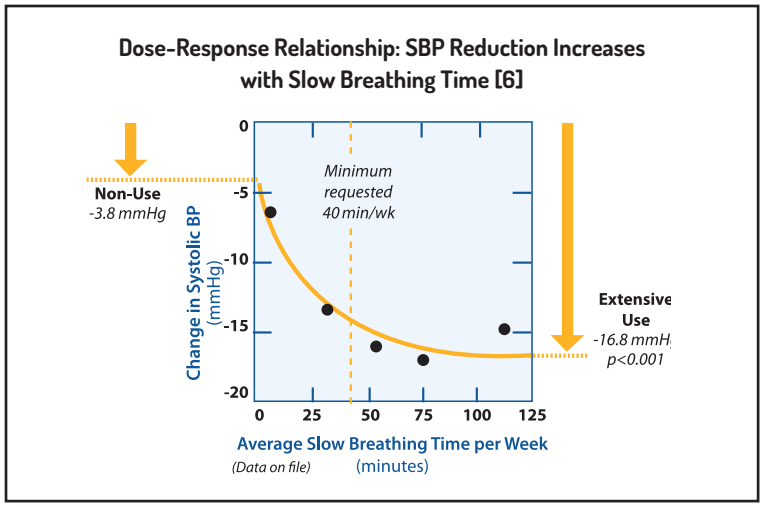
- **Older patients:** 16/7 mmHg for age >65
- **Higher baseline BP:** 17/7 mmHg for SBP >160 mmHg
- **More time spent in therapeutic slow breathing** (<10 breaths/min)

Reductions were independent of gender and medications.

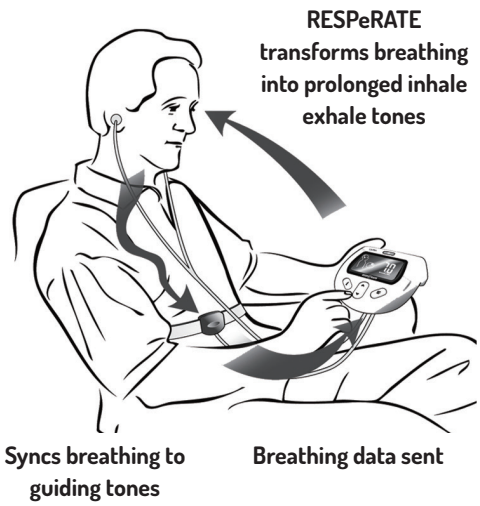
For the complete list of RESPeRATE 50+ clinical studies, including the comorbid conditions referenced above, please see resperate.com/clinical-proof.







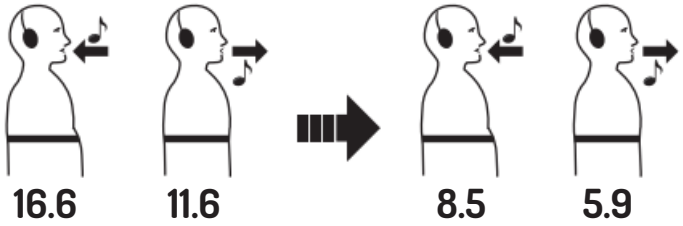
HOW RESPeRATE WORKS



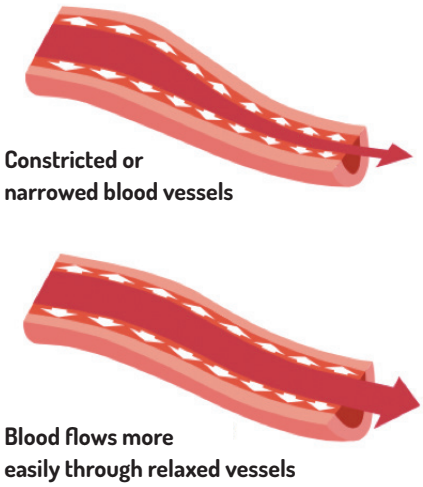
HOW IT OPERATES

RESPeRATE's Device Guided Breathing Technology guides users into therapeutic slow breathing with **prolonged exhalation**. The device analyzes each breathing pattern and composes, in real time, personalized inhale and exhale guiding tones that gradually lead the user **below 10 breaths per minute.**

After each session, normal breathing resumes, but the beneficial impact on blood pressure **accumulates with routine use.**



Breaths Per Minute



WHY IT LOWERS BLOOD PRESSURE

RESPeRATE's BP-lowering effect is explained by calming sympathetic neural activity [22–27], resulting in **small-vessel dilation** and a **sustained decrease in peripheral resistance and arterial stiffness** [15].

CLINICIANS FAQS

Which patients are good candidates for RESPeRATE?

RESPeRATE is suitable for patients with:

- **Early or stress-related BP elevation** (pre-hypertension, white-coat, anxiety-related)
- **Medication challenges** (side effects or reluctance to start therapy)
- **Difficult-to-control hypertension** (resistant cases or with relevant comorbidities)

Where can I find additional clinical information or professional support?

The QR code on the right, provides access to references and summaries of 50+ clinical trials, video overviews, and the option to schedule a Zoom session with our scientific support team.

What support do patients receive?

RESPeRATE comes with a structured program that helps patients stay on track with personal support, educational videos, BP tracking. A 90-day money-back guarantee is provided to ensure no financial risk for your patients.

Is there any administrative burden for my practice?

No. RESPeRATE requires no paperwork, no exchange of protected health information, and no administrative involvement from your staff.

How do I refer additional patients?

You can provide RESPeRATE to any appropriate patient by using your personalized printable referral sheet, available through the QR code.

Patients self-enroll and RESPeRATE manages all setup, coaching, and follow-up support.

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