



Hypertension

worldwide 1 in 3 people suffer
from High Blood Pressure



Lagap SA, 6943 Vezia / Switzerland

High blood pressure the sneaky killer

The prevalence of arterial hypertension (AH) is 25% or more in the adult population and increases massively with age (up to 70% of people aged 70 are hypertensive).



Factors that increase the risk of high blood pressure include:

- advanced age
- genetic background
- overweight or obesity
- lack of physical activity
- a high-salt diet
- excessive alcohol consumption



Drug treatment without lifestyle changes is not reasonable.

- Lifestyle changes can help reduce high blood pressure.
- These include: eating a healthy, low-salt diet, losing weight, being physically

Treatment and lifestyle changes

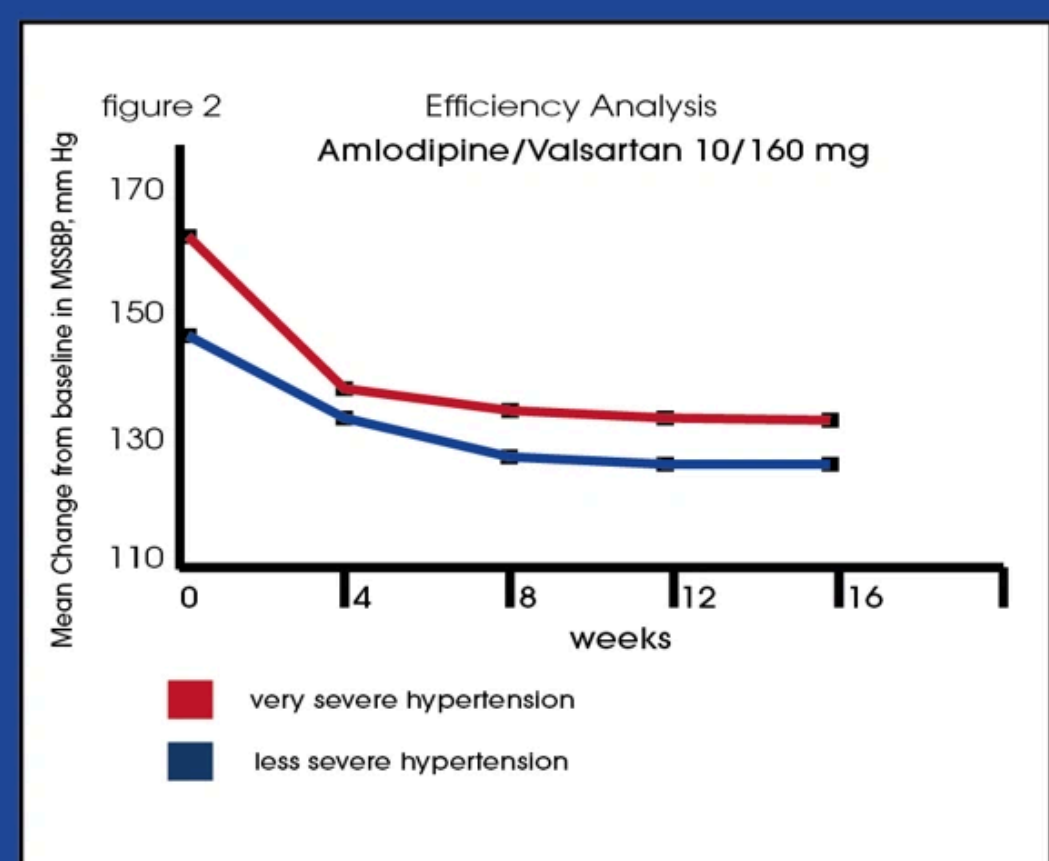
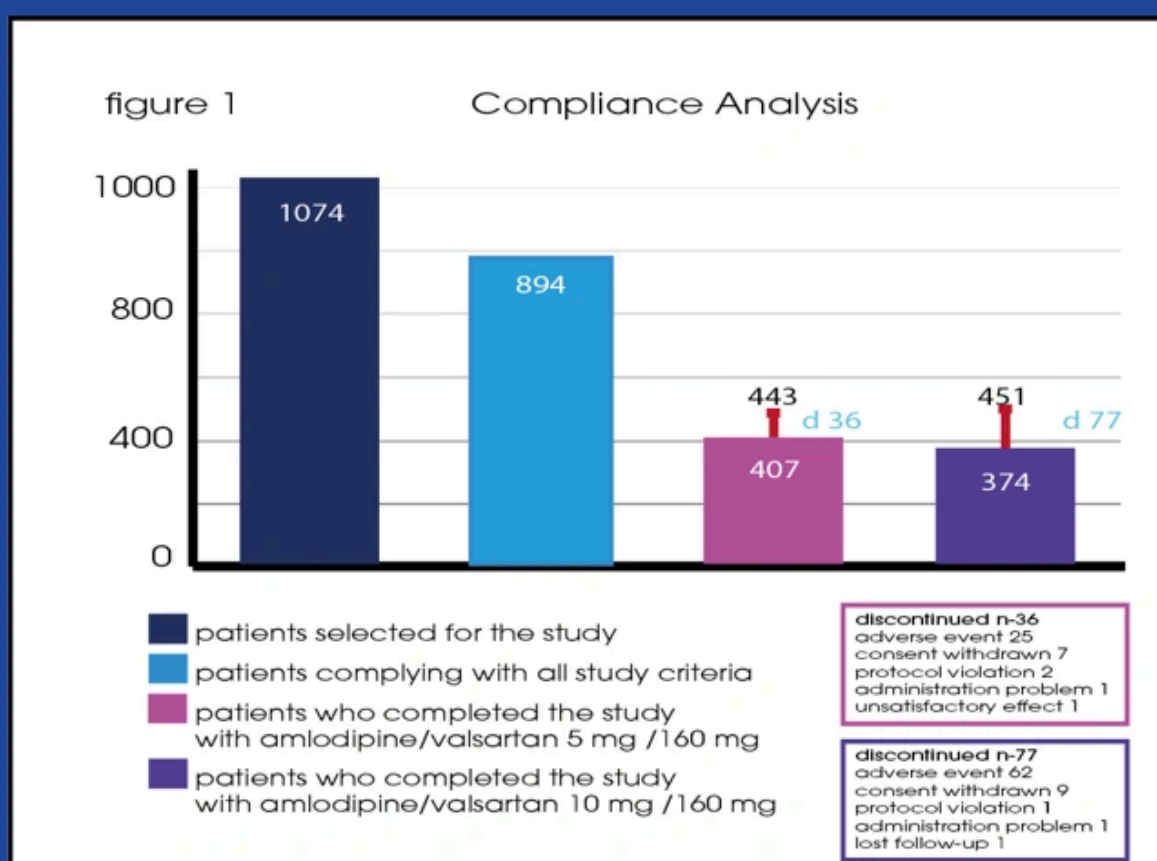
EXFORTAN®

amlodipine / valsartan

®

the world's most
prescribed
combination

The best way to curb this trend



- The results obtained are convincing, demonstrating the efficacy of the drug.
 - compliance is good (less than 10% discontinuation).
 - recognized side effects were reported by 7% of patients.
 - the best combination if conventional therapy has failed.
- The most comprehensive study ever carried out in 132 cardiology centers in 8 countries demonstrates the efficacy of the Amlodipine / Valsartan combination and, above all, its good compliance.

- The JCH the Journal of Clinical Hypertension
J. Clin Hypertens (Greenwich) 2008 Mar; 10 (3): 185-194
Efficacy of the Combination of Amlodipine and Valsartan
in Patients with Hypertension.

Yves Allemann, MD, Belen Fraile, MD, Michael Lambert, MD, Michaela Barbier, PhD,
Philippe Ferber, MD, and Joseph L. Izzo Jr., MD

One of the most renowned references
in cardiovascular publications

EXFORTAN[®]

amlodipine / valsartan

the world's most prescribed combination



- a winning combination
a calcium channel antagonist
an angiotensin II receptor antagonist
- documented high efficiency
for over 25 years
- excellent tolerability
- simplified dosage,
resulting in good compliance

How to take Exfortan

Always take this medicine exactly as your doctor has told you. Check with your doctor if you are not sure. This will help you get the best results and lower the risk of side effects.

The usual dose of Exfortan is **one tablet per day**.

- It is preferable to take your medicine at the same time each day.
- Swallow the tablets with a glass of water.
- You can take Exfortan with or without food.

Do not take Exfortan with grapefruit or grapefruit juice.

Depending on how you respond to the treatment, your doctor may suggest a higher or lower dose. Do not exceed the prescribed dose.



What Exfortan contains

Exfortan 5 mg/160 mg film-coated tablets
The active substances of Exfortan are amlodipine (as amlodipine besylate) and valsartan.

Each tablet contains 5 mg amlodipine and 160 mg valsartan.

Exfortan 10 mg/160 mg film-coated tablets

The active substances of Exfortan are amlodipine (as amlodipine besylate) and valsartan.

Each tablet contains 10 mg amlodipine and 160 mg valsartan.

Exfortan is available in packs containing 28, 56, 98 or 280 tablets.

Not all pack sizes may be available in your country.



www.lagap.net

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