



BLOOD PRESSURE & PULSE CHART

Normal Readings Per Age

BLOOD PRESSURE READINGS-ADULT				
AGE	SYSTOLIC		DIASTOLIC	
10TH YEAR	100		70	
20TH YEAR	120		80	
30TH YEAR	122		81	
40TH YEAR	126		84	
50TH YEAR	130		86	
60TH YEAR	135		89	
70TH YR OR OLDER	140		89	
Warning Contact Dr. Smith	110 or Below		65 or Below	

PULSE READINGS				
Readings per 60 Seconds Followed By Readings in (Seconds); Contact Dr. Smith for Children Pulses				
MEN		WOMEN		RESULTS
Under Age 45	Over Age 45	Under Age 45	Over Age 45	
Below 72 (18)	Below 76 (19)	Below 80 (20)	Below 84 (21)	Excellent
72 – 80 (18 - 20)	76 – 84 (19 - 21)	80 – 88 (20 - 22)	84 – 92 (21 - 23)	Good
84 –100 (21 - 25)	88 –104 (22 - 26)	92 –112 (23 – 28)	96 –116 (24 -29)	Average
Above 100 (25)	Above 104 (26)	Above 112 (28)	Above 116 (29)	Poor
60 or Below	60 or Below	60 or Below	60 or Below	WARNING CONTACT DR. SMITH

Readings are according to Clinical Nutrition and Naturopathic Research and Experience, which may differ from “medical” research.