



BLOOD PRESSURE & PULSE CHART

Normal Readings Per Age

BLOOD PRESSURE READINGS				
For 81 years or above – Contact Dr. Smith				
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 YEAR	166	91		
Warning Contact Dr. Smith	110 or Below <small>*adults only</small>	65 or Below <small>*adults only</small>		
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

Note: Readings according to Clinical Nutrition and Naturopathic Research may differ from “medical” research.