

NORMAL BLOOD PRESSURE BY AGE

AGE	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
19-24	120	79
25-29	121	80
30-39	122	81
40-49	125	83
50-59	129	85
60+	134	87

Normal Blood Pressure Guide

Annelies Wilder-Smith

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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