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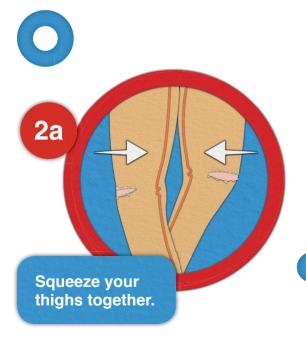
GIVE BL

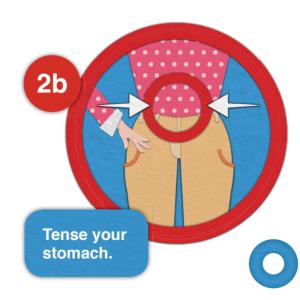
Muscle tensing exercises help maintain your blood pressure and can prevent you from feeling lightheaded. Follow these simple exercises before the needle goes in, before it comes out, before getting up, or any time you feel unwell.

For a full video guide, go to www.scotblood.co.uk





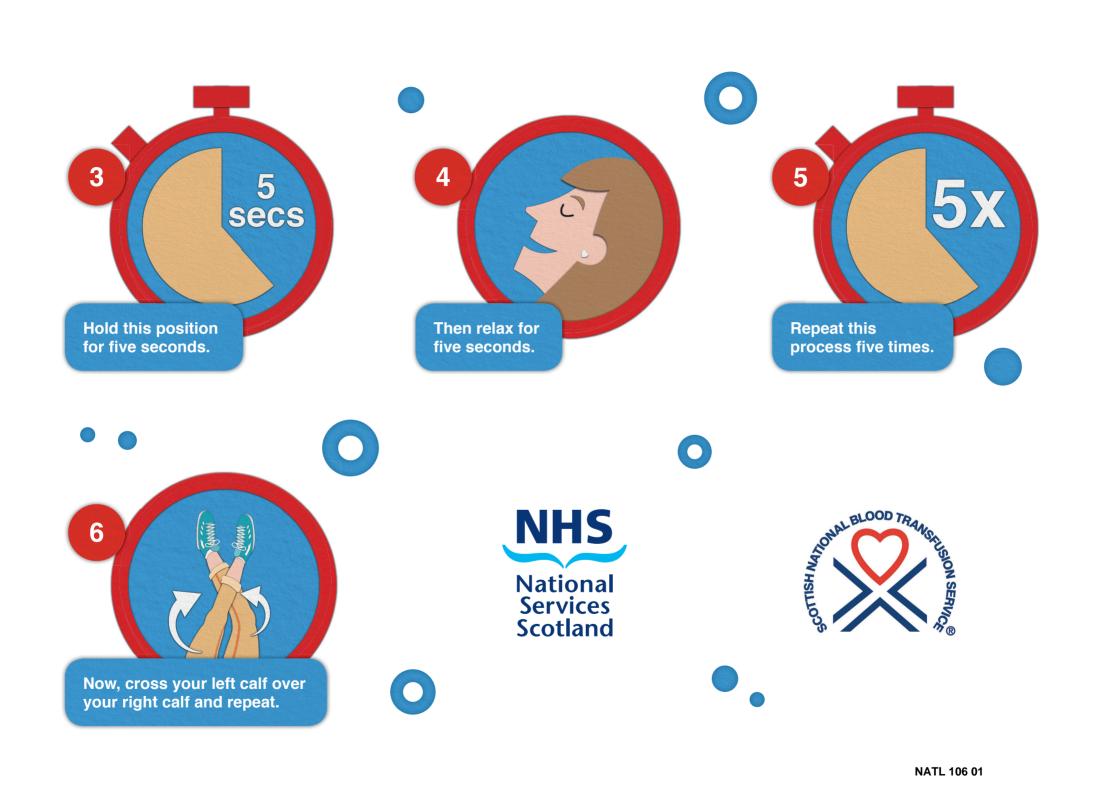




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