**Exclusion criteria**

1. history of smoking, diabetes and food allergy.
2. Rheumatic immune system diseases, liver and kidney dysfunction, malignant tumors and infections;
3. Acute myocardial infarction, heart failure, left ventricular systolic dysfunction (ejection fraction less than 50%);
4. Valvular heart disease and cardiomyopathy;
5. Accompanied by arrhythmias affecting hemodynamics: such as persistent atrial fibrillation, frequent ventricular premature or atrial premature, second degree and above atrioventricular block;
6. Contraindications to the use of nitroglycerin: such as glaucoma, severe anemia, increased intracranial pressure and known allergy to nitroglycerin;
7. Steroid hormones were used within 2 weeks, β receptor blockers, calcium antagonists, long-acting nitrates, phosphodiesterase-5 inhibitors were used within 48 hours, and nitroglycerin was taken under the tongue within 1 hour;
8. Pregnancy;
9. Systolic blood pressure is lower than 90mmHg;
10. Weighing less than 40 kg or more than 90 kg.