

Supplements for High Blood Pressure

Chelated Magnesium 500-1000mg/day
Zinc 50mg/day
High Protein intake 1-1.5g/kg/day
(Non animal better than animal; cured meat increases BP)
Soy Protein 40g/day lowers BP and Cholesterol
Sardine Muscle 3g drops bo 9.7/5.3
Potassium/Sodium ratio 3.3/1 (5gK+ to 1.5gNa+)
Hydrolyzed Whey Protein 20-30g/day
Milk Protein Val-Pro-Pro and Ile-Pro-Pro
Extracts of VPP or IPP at 5-60mg/day
Bonito Protein 1.5g/day (no human studies)
EVOO 4 tablespoons/day (40g/day)
Fiber 40grams oat bran dry weight or 3grams B-Glucan
Garlic 1-4 cloves (5g) Fresh wild garlic most effective
Seaweed 3.3grams dried Wakame
Vitamin C 500mg/day
Vitamin E Gamma and Delta Tocopherols are
preferred to Alpha Tocopherol to reduce BP in a ratio of 4:1
Take Tocopherols in the morning and Tocotrienols in evening
Treat Vitamin D3 Deficiency (goal is a level of 80)
Treat Vitamin B-6 Deficiency (200mg/d or short term up to 500mg/d)
Dark Chocolate 100grams with 500mg Polyphenols
Cocoa 30mg of polyphenols
Tomato Lycopene Extract
CoQ10 200-400mg/day
Alpha Lipoic Acid 200mg with Acetyl-L-Carnitine 500mg BID
N-Acetyl Cysteine 500mg BID
L-Arginine 10grams/day
(Lentils/Hazelnuts/Walnuts/Peanuts/Heart bar)
Hawthorne 160-1200mg daily
Reduce EtOH 20g/day or less reduces CHD risk by 43%
10 ounces Red Wine = 20g/day
24 ounces of Beer = 20g/day
2 ounces of hard liquor = 20g/day
L-Carnitine 2g/day
Taurine 3g BID
Celery 4sticks/day or 8tsp celery juice TID or seed extract 1gBID
Resveratrol 300mg TID
Grape Seed Extract 150-300mg
Hesperidin (red wine, tea, chocolate)
Pomegranate Juice
Melatonin 2.5mg reduces nocturnal BP
Sesame 60mg/day
NADH 5mg/day (in rats)

Natural Diuretics

Hawthorne Berry, Vit B-6, Mg⁺⁺, Ca⁺⁺, Taurine, Protein, Celery, Fiber, GLA, VitC, CoQ10, K⁺, L-Carnitine, High Gamma/Delta tocopherols and tocotrienols

Natural Beta Blocker: Hawthorne Berry

Central Alpha Agonists

Taurine, K⁺, Zinc, Na⁺ Restriction, Protein, Fiber, VitC, VitB-6, CoQ10, Celery, GLA/DGLA, Garlic

Natural Direct Vasodilators

Omega-3, MUFA (Omega-9), K⁺, Mg⁺⁺, Ca⁺⁺, Soy, Fiber, Garlic, Flavoids, VitC, VitE, CoQ10, L-Arginine, Taurine, Celery, Alpha Lipoic Acid

Natural Calcium Channel Blockers

Alpha Lipoic Acid, VitC, Vit B-6, Mg⁺⁺, N-Acetyl Cysteine, VitE, Taurine, Hawthorne Berry, Celery, Omega-3 (EPA/DHA), Ca⁺⁺, Garlic

Natural ACE Inhibitors

Garlic, Seaweed (Wakame, etc), Tuna Protein/Muscle, Sardine Protein/Muscle, Hawthorne Berry, Bonito Fish(dried), Pycnogenol, casein, hydrolyzed whey protein, sour milk, pomegranate, geletin, sake, Omega-3, Chicken egg yolks, zein, Dried Salted Fish, Fish Sauce, Zinc, Hydrolyzed Wheat Germ Isolate, Melatonin

Natural Angiotensin Receptor Blockers

K⁺, Taurine, Resveratrol, Fiber, Garlic, VitC, Vit B-6, CoQ10, Celery, Gamma Linolenic Acid (GLA and DGLA)