

Lowering Blood Pressure Naturally



Would you like to lower your blood pressure naturally? If so, keep reading. Approximately 50 to 60 million people in the United States are diagnosed with hypertension including about two-thirds of all people over 65. Increased blood pressure increases the risk of heart disease and stroke significantly and only 27% of hypertensives adequately control the problem. A part of the reluctance of many individuals is taking pharmaceutical agents that often have significant side effects.

Mark Houston, MD, MS, FACP, FAHA, FAARM, an associate clinical professor of medicine at Vanderbilt University School of Medicine and Director of the Hypertensive Institute in Nashville, Tennessee, along with Biotics Research Corporation, In a randomized, double blind, placebo-controlled clinical trial using a blend of seven nutrients ([Bio-CardioSirt BP™](#)) known to have a positive effect on blood pressure.

The results were impressive! In the group taking the nutrient blend, after only four weeks the average systolic blood pressure was lowered from 144.01 mm Hg to 128.05 mm Hg. That's an average improvement of 16 mm Hg. The diastolic blood pressure dropped from an average of 91.86 mm Hg to 81.83 mm Hg. That is an impressive drop!

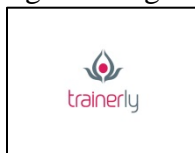
The seven nutrients in [Bio-CardioSirt BP™](#) are Vitamin C, Vitamin D3, Vitamin B6, Biotin, Magnesium, Taurine, and MegaNatural®-BP™ grape seed extract.

The complete study is published in Integrative Medicine Vol. 12, No 3 June 2013.

It seems obvious to me that [Bio-CardioSirt BP™](#) could be worth considering for anyone with moderately high hypertension.

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