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Statistics show that one in every five adults worldwide suffers from high blood pressure or hypertension - a condition that leads to about 9.4 million deaths every year.

High blood pressure is a common illness in which the pressure of the blood against the blood vessel walls creates a risk to a person's health.

Gradually, hypertension can destroy your blood vessels and make you prone to a heart attack or stroke.

There are various dietary supplements that can be used to keep blood pressure in check.

But what are the best supplements to lower blood pressure?

Keep reading this review of the five best supplements for hypertension to get an idea of what you can get on the market today.

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TOP 5: Best Supplements To Lower Blood Pressure

1. Blood Pressure Optimizer



Blood Pressure Optimizer is a dietary supplement that comes in vegetarian capsules.

It is a natural product that contains vitamins, amino acids, minerals, and organic herbs.

All its ingredients are earth-grown, USP certified, and clinically and scientifically researched, formulated, and tested to deal with high blood pressure.

It has 13 nutrients with five patents to help provide total blood pressure health.

Blood Pressure Optimizer was used in holistic centers and medical clinics for 18 months before it was made available to the public.

One thing that makes it a super supplement is its small size and ability to take it every day without changing your diet.

The product has no documented side effects or even adverse drug interaction.

The supplement is made and distributed by HFL Solutions, a company founded in 1999 by Dr. Sam Robbins in Las Vegas.

It is a company that sells health supplements online to ensure that you get everything you need under one roof.

How it works?

Blood Pressure Optimizer is an all in one dietary product that treats hypertension and helps cardiovascular health.

It promises the following:

- Optimal diastolic and systolic numbers.
- Better blood vessel elasticity and strength.
- Total blood pressure and arterial health.
- Proper dilation and relaxation of arterial and vascular walls.
- Healthy stress response with minimal cortisol levels.
- Proper water balance and normal sodium excretion.
- Protection against damage to blood vessels.

There is evidence that the supplement helps to reduce blood pressure by working on the above conditions.

It addresses both the emotional and physical causes of high blood pressure.

That is all possible due to its two blends of minerals and vitamins as well as ingredients.

Ingredients

Here are the three main ingredients used in this supplement for lowering blood pressure that make it so effective:

- **MAGNA Max Magnesium Blend 240 MG** - Every cell in your body contains magnesium that helps it to function correctly. The ingredient is easily absorbed in your body and can help to reduce blood pressure. It also helps to aid depression and control blood sugar.
- **Synergy Optimizer Blend 2037 MG** - It is a blend of various elements, including English Hawthorne Berry Extracts, Pomegranate, L-Arginine-Alpha-Ketoglutarate, Lycopene, and Celery3nB Celery Seed Extra. These elements help to lower blood pressure, among other things.
- **Minerals and Vitamins** - Blood Pressure Optimizer also contains a couple of minerals and vitamins that provide cardiovascular health while reducing blood pressure. They include potassium, calcium, and vitamin C, D3, and B6.

Pros & cons

Pros

- Backed by clinical tests and scientific research.
- No need to change the diet.
- Made of natural ingredients, minerals, and vitamins.
- No side effects.
- Readily available online.

Cons

- Not clear on how it works.
- Only found in the company's website.

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2. Blood Pressure Support



Blood Pressure Support is a powerful combination of vitamins and botanicals formulated to address blood pressure levels.

It is vital to monitor your blood pressure, as there are no apparent symptoms so that the condition can remain undetected for years.

The supplement can help maintain cardiovascular health, help provide a healthy lifestyle, and support your heart health.

Each bottle of Blood Pressure Support contains up to 90 tablets that can last you for 30 days.

That means you take one capsule of this product three times a day, as directed by your doctor or with meals.

Although you don't need to make any lifestyle change, it is advisable to exercise regularly and maintain a healthy balanced diet when taking Blood Pressure Support pills.

How it works?

Blood Pressure Support addresses three main areas of your body to ensure that you maintain the right levels of blood pressure.

First, it helps to maintain your cardiovascular health.

The supplement's ingredients work to support the continuous functioning of your heart and maintaining your cardiovascular system.

That is possible thanks to the various ingredients present in this formula, such as folate, niacin, and vitamins B12, B6, and C.

The supplement also works to support your circulatory system while maintaining optimal cardiovascular health.

You can easily supplement this product by undertaking regular exercises and taking a balanced diet.

The last function of Blood Pressure Support is supporting a healthy blood pressure level to ensure it is within the normal range.

It uses hibiscus flower, olive leaf, and hawthorn extract to provide your heart with nourishment.

Ingredients

Here are three main ingredients used in this supplement to lower blood pressure

that make it so beneficial:

- **Hawthorn Extracts** - It helps to facilitate healthy blood flow as well as standard transmission of nerve signals. The ingredient has been used in Indigenous America and Chinese cultures as a supplement relating to the heart ¹.
- **Hibiscus Flower** - It has been proven to support optimal blood pressure levels and the promotion of weight loss and liver health.
- **Olive Leaf** - Studies have shown that olive leaf can provide support healthy cholesterol and blood pressure levels within the recommended ranges. The leaf has been used for various health benefits like supporting a healthy inflammatory response.

Pros & cons**Pros**

- Ships very fast.
- Very useful in maintaining the ideal blood pressure levels.
- One bottle lasts for three months.
- Uses natural ingredients.
- Full of minerals and vitamins.

Cons

- Takes a while to see the effect.
- A bit expensive.

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3. Genius Heart & Cardiovascular



If you are looking to enhance your anaerobic endurance and health, Genius Heart & Cardiovascular is the product for you.

It can work for both men and women of different ages and contains MegaNatural BP Grape Seed Extract, MegaQ7 four premium nutrients, MicroActive CoQ10, and Patensin

Pantethine.

All these ingredients come together to promote a heart-healthy lifestyle and keep your blood pressure in check.

The supplement helps to maintain a proper LDL/HDL ratio that comes in handy to support cardiovascular health and cardiac function.

It does that by lowering the LDL to stabilize your cholesterol level.

The product also helps to boost mental clarity, focus, and minimize brain fog by enhancing cardiac function.

Another notable thing of Genius Heart & Cardiovascular supplement is the ability to safely elevate nitric oxide levels in your body to expand your blood vessels.

That means you get healthy veins that help to prevent varicose veins that can lead to hypertension.

Since the product is made of natural ingredients, you don't need to change your lifestyle or diet when taking it.

And you only need to take one capsule two times a day during mealtimes.

How it works?

Your heart directly affects your cognition (brain).

Genius Heart & Cardiovascular helps to boost your heart, and that translates to a better brain thanks to its ability to reduce brain fog.

It also improves your memory, boosts clarity, and fight mental disorders by improving your cardiovascular health.

The product also brings out the real advantages of a nitric oxide booster.

It works by safely increasing your N.O level, widening your blood vessels, and facilitating enough blood flow.

That can result in better exercise performance and handy protein synthesis.

Cardiovascular health and tolerance share a very close relationship.

Your cardiovascular system helps to deliver nutrients and oxygen throughout your body.

What that means is that a healthy heart pumps blood to the lungs faster, ultimately oxygenating it and offering a boost to your performance.

That same concept applies to your muscles during training, and you can quickly improve that by taking Genius Heart & Cardiovascular supplement.

Ingredients

Here are three main ingredients used in this supplement to lower blood pressure that make it so useful:

- **MenaQ7 and MegaNatural BP** - They combine to support pliable, free blood vessels to prevent high blood pressure and promote optimal blood circulation.
- **Pantesin** - It helps to lower cholesterol and maintain the ideal cholesterol balance.
- **MegaNatural BP** - The ingredient has been tested a couple of times and shown to be effective in combating hypertension Sivaprakasapillai, Brahmesh, et al. "Effect of grape seed extract on blood pressure in subjects with the metabolic syndrome." *Metabolism* 58.12 (2009): 1743-1746.
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Pros & cons

Pros

- Improves the heart health.
- Helps to boost the brain functioning.
- Made of legal ingredients.
- Quickly found on different online shops.
- Able to provide energy.

Cons

- One of the most expensive supplements on the market today.
- Capsules are a bit large.

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4. PurePremium Blood Pressure Support



Are you looking for an active and healthy way to support your cardiovascular health?

Do you need a convenient and easy-to-swallow capsule that offers all the critical ingredients

for your heart health?

You can easily promote your circulatory health and support your heart using the PurePremium Blood Pressure Support.

It is a hypertension dietary supplement that works for both men and women of all ages and is quite affordable.

The product contains potent anti-hypertensive compounds that help to promote heart health as well as your general wellbeing.

One thing that makes it a great supplement is its fast-acting nature and is a natural product that reduce high blood pressure without causing any side effect.

PurePremium Blood Pressure Support is made in a state-of-the-art facility under strict safety and health guideline and is GMP-Certified and FDA-Approved.

Every single tab is rigorously tested to ensure it is safe, effective, and potent for human use.

Rest assured that when you choose PurePremium Blood Pressure Support, you get the most premium and purest supplement on the market today.

The supplement is made of locally sourced ingredients such as Folic Acid, Garlic Powder, Vitamin C, Hawthorn, Niacin Green Tea Leaf, Juniper Berry Powder, and Hibiscus.

It is an economical product, and you only need to take one tab one to three times per day with meals or as directed by your doctor.

How it works?

PurePremium is a supplement that contains essential vitamins and natural anti-hypertensive herbal compounds that promote heart health.

It plays a crucial role in supporting your cardiovascular health, and with that, it aids in widening your blood vessels.

Dilated blood vessels lead to lower blood pressure to make you feel healthier and happy.

All its ingredients play essential roles to ensure that your blood pressure remains in check, and one such major element is Hawthorn.

Hawthorn ensures that you enjoy a healthy blood flow that results in average blood pressure.

Ingredients

Here are three main ingredients used in this supplement to lower blood pressure that make it so effective:

- **Hawthorn** - Hawthorn is a plant that is used to treat blood vessels and heart diseases like irregular heartbeat, chest pain, and congestive heart failure.
- **Vitamin B-12** - It helps in the metabolism of body cells and helps to reduce blood pressure.
- **Green Tea Leaf** - Daily consumption of Green Tea can help to maintain a healthy heart and play a part in lowering your blood pressure ².

Pros & cons

Pros

- A very affordable supplement.
- Helps to reduce high blood pressure.
- Provides energy for working out.
- Convenient and easy to swallow.
- Has no adverse side effects.

Cons

- No conclusive research on this supplement.
- No clear usage instructions.

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5. Healths Harmony Blood Pressure



Do you feel lethargic?

Are you feeling tired, but you don't know why?

Are you looking for a way to control your high blood pressure?

If you answered yes to all or one of the above questions, then the Healths Harmony Blood Pressure is the supplement for you.

It is a carefully made product that combines 13 natural ingredients to provide positive results across the spectrum that cannot be found on most supplements.

The product features a specific number of vitamins, herbs, and extracts to provide the positive effect that your body needs to maintain healthy blood pressure levels.

It is made in Georgia in the USA using globally sourced ingredients and is FDA-approved.

One great thing is that each bottle is thoroughly tested to guarantee it is safe, pure, and quality.

Besides, every bottle contains up to 90 capsules, and you can get your money back if you are not satisfied with the supplement.

Healths Harmony Blood Pressure is the product for you if you want a supplement that can widen your blood vessels instantly.

How it works?

Since the expansion of the blood vessels leads to a decreased blood pressure, the supplement contains vasodilators garlic and Niacin that acts as anti-hypertensive ingredient.

The two combines with other ingredients to leave your vessels in normal state and let your blood flow freely.

Healths Harmony Blood Pressure also contains Juniper Berry, Buchu Leaves, Vitamin B6, and Uva Ursi that act as diuretics that remove excess fluid from your body.

The product also contains ubiquitous green tea that provides a couple of benefits with the main one being relaxing your blood vessels.

You can rest assured that the supplement will work toward relaxing your vessels and provide the anti-hypertensive properties you require.

Ingredients

Here are three main ingredients used in this supplement to lower blood pressure that make it so helpful:

- **Hibiscus Flower** - Studies have shown that this flower can lower both diastolic and systolic blood pressure ³.
- **Olive Leaf** - It helps to address the problems of high blood pressure and reduce body cholesterol.
- **Vitamin B6** - It is a vitamin that helps to reduce high blood pressure.

Pros & cons

Pros

- 100% money-back guaranteed.
- Made in the USA in an FDA-certified facility.
- One bottle holds up to 90 capsules.
- Provides the required dosage of Hawthorne.
- Easily available online.

Cons

- Made for various conditions.
- Contains a lot of ingredients that don't help with high blood pressure.

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FAQ (Frequently Asked Questions)

What is a high blood pressure supplement?



A blood pressure supplement is a dietary product that is made to boost your diet when you take it as a capsule, pill, or tablet.

It helps you to deal with several health problems and can lower your blood pressure, which could save your life.

It can also keep you healthy protecting you from conditions such as stroke or heart attack.

What are some of the benefits of high blood pressure supplements?

You can get a lot of benefits if you take supplements to lower your blood, such as:

- Helps to reduce your high blood pressure.
- Able to boost your brain functioning.
- They provide you with energy.
- Blood pressure supplements improve your heart health.
- They are easy to use and readily available.

Who should use supplements to lower blood pressure?

These supplements are recommended to all people suffering from high blood pressure.

You can also use them to treat any pre-condition that can lead to blood pressure imbalance in the future.

Some of the supplements shouldn't be taken without consulting a doctor or when you are taking other medications.

Which ingredients should I expect to see in supplements for lowering blood pressure?

Every supplement for lowering blood pressure is unique and has its unique set of ingredients.

However, look out for the following:

- Hibiscus flower.
- Olive oil.
- Vitamin B-6, B-12, and C.
- Green tea leaf.
- Hawthorn.
- Pantesin.
- MegaNatural BP.
- MenaQ7.

How can I decide on which supplement to lower blood pressure to use?



Supplements for lowering blood pressure come in different varieties and sizes.

That makes it essential to consider a couple of things before you settle for one, such as:

- **Ingredients** - The first thing you should do is to ensure that the ingredients used to make the supplement are useful and safe. Some products might include unnecessary ingredients that are not helpful to your body.
- **Brand's Reputation** - It is advisable to buy your supplement from a recognized manufacturer to ensure that you have quality products. You should check what other users are saying about a specific brand before you start using its supplements.
- **Price** - You need to choose a supplement that you can afford to ensure that you continue using it for a long time. The price can also be affected by the number of ingredients in the supplement and where it is sold.

What are the side effects of supplements for lowering blood pressure?

Most of the supplements used to lower blood pressure have no severe side effect since they are made of natural ingredients.

However, there is little research about these products and can easily cause some discomfort if taken with some medicines.

It is, therefore, essential to inform your doctor before you start taking supplements to lower your blood pressure.

Should I combine exercises with supplements to lower blood pressure?

Yes. You should always work out even if you use these supplements to ensure that your body remains in top condition.

They often help to keep your blood pressure in check and help you live a healthier life.

Work out can also ensure that you get the energy you require to get through the day.

Conclusion



High blood pressure is a condition that often carries no signs and can go unnoticed for years.

If unchecked it can cause a myriad of health problems and can even be life threatening.

There are hundreds of supplements that you can use to lower your blood pressure, and we have looked at the top five products on the market today.

These products play a crucial role in keeping your blood pressure in check and carry various ingredients like green tea leaf, olive oil, vitamins, among others.

You should always conduct thorough research before you decide to buy these supplements to lower blood pressure.

That means looking at the ingredients in every bottle, the manufacturer's reputation, and the cost.

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