Vitamin C Found to Help Blood Pressure Health

By Greg Arnold, DC, CSCS, January 14, 2009, abstracted from “Vitamin C in plasma is inversely related to blood pressure and change in blood pressure during the previous year in young Black and White women” printed online in Nutrition Journal

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Sixty-five percent of older adults in the United States have high blood pressure (HBP) (1) which is defined as having a blood pressure above 140/90 mm Hg. High blood pressure costs our healthcare system more than $24 billion each year (2). It is a significant cause of disability (3) as well as a worldwide epidemic (4).

Fortunately, fish oil (5) soy foods (6), soy nuts (6), and fiber (7) help maintain healthy blood pressure, while pycnogenol (8) and beta glucan (10) can help deal with health problems resulting from high blood pressure. Now a new study (11) has found that vitamin C, known to help heart health in women (12) and help stabilize heartbeats (13), may also help with blood pressure, even in healthy adults.

In the study, researchers looked at vitamin C blood levels and blood pressure in 242 women 18-21 years of age with normal blood pressure over the course of 10 years. They found that those in the highest 25% of vitamin C blood levels (1.83 mg/dL) had systolic blood pressure readings (the top number) and diastolic blood pressure readings (the bottom number) that were 4.7 and 6.1 mmHg lower, respectively (112/69.8 vs 107.3/63.7 ), than those in the bottom 25% of vitamin C blood levels (0.59 mg/dL).

The results of this study led the researchers to suggest that vitamin C “may be an important factor” in blood pressure regulation, even among healthy young adults.”

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