



Supplements and remedies that may lower blood pressure

While making healthy lifestyle changes is an important step in lowering your blood pressure naturally, some supplements and remedies may also help bring your blood pressure down. More research is needed to determine the potential benefits, but some supplements that may be helpful include:

- **Dietary fiber.** High fiber diets may help lower cholesterol and blood pressure, which can reduce your risk of heart disease. Women should try to consume at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day.⁶ Fiber supplements can contribute to your recommended daily intake if you have trouble getting enough from foods.
- **Minerals, such as magnesium, calcium, and potassium.** These nutrients play a key role in regulating blood pressure.² The best way to increase your intake of these nutrients is by adjusting your diet, as opposed to taking supplements. Magnesium is found in many foods, such as dark, leafy vegetables, whole grains, and nuts. Calcium-rich foods include dairy products, fish (such as, canned sardines), and dark, leafy greens. Fruits, vegetables, nuts, and seeds are naturally high in potassium.
- **Omega-3 fatty acids.** These polyunsaturated fats are found in fatty fish and fish oil supplements. Omega-3s may help to slightly lower blood pressure, especially when combined with weight loss.³

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- Supplements that appear to widen blood vessels (vasodilators) or increase nitric oxide, such as garlic and coenzyme Q10.²

You should not use supplements in place of blood pressure-lowering medications unless your health care provider tells you to. Talk to your pharmacist or health care provider before adding any supplements to your blood pressure treatment. Some supplements can interact with medications and/or cause harmful, possibly life-threatening side effects, such as an increased risk of bleeding or irregular heart rhythms.



References

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