

Designing High Blood Pressure Formulations Using Phytonutrients

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The public domain of literature is extensive with what is best to help, even reduce and control, high blood pressure (HBP). As a drug formulator, pharmacist and healthcare provider, my experience with developing both prescription medications (lisinopril, amlodipine, diuretics like hydrochlorothiazide, etc.) and vitamin supplements, including plant phytonutrient herbs, has been extensive. Because of my personal interest...and need... in reducing a recently learned long-evolving HBP condition, I have researched and formulated what may be a non-prescription OTC supplement that can be a significant contributor to reducing high blood pressure (HBP). It does not involve previously considered HBP ingredients in combination. To evaluate my instincts and research, I have chosen to personally use (consume) a new combination of natural ingredients. This formula/combination involves just three naturally occurring ingredients...and no prescription medications. Included in this proposed new combination of ingredients, available worldwide, are olive leaf extract, beetroot and vitamin K2 (often fortified with vitamin D).

Why do I not include widely prescribed prescription drugs of the over 120 possible choices listed, in eleven different classes by the American Heart Association (www.ASH.org)? Risk vs Reward! Many of these drugs challenge various body functions and body organ performance. The preferred drug to be used, if traditional prescribed medications are chosen, as offered by Mayo Clinic (USA medical institution) is a calcium channel blocker like amlodipine. As a comment, I actually developed this formula during my Pharma days at G D Searle (no longer in business) many years ago.

This new formulation and combination of natural medicines is not available commercially, but the individual needed ingredients can be purchased online from various suppliers or in natural foods markets including Walmart. It is of course important to evaluate the supplier for many different aspects, particularly with the raw material sourcing locations, the GMP/GMO certifications, quality control procedures involved during production and of course third-party assays for label ingredient content meeting label claim. Always read the bottle for this information. Importantly, look for key information on the product label to see it is in compliance with current FDA requirements. Sugar content, calories, recommended daily allowance (RDA) and so on.

Many individuals with HBP are aware of the usual suggestions regarding how to reduce HBP: reduce weight, avoid highly modified foods with non-natural ingredients, control the amount of sugar intake and limit alcohol. But what if these do not work to reduce HBP? In concert with the formula proposed in this article, consumption of selected natural foods, including broccoli, butter (Yes!), preferred cheeses, various fats (surprise!), beef (needed protein) and even dairy products like eggs, sour cream, ice cream and milk/half and half supported by various nuts and key fruits. HBP can be reduced perhaps 10 points weekly. This trial, with regular monitoring and reporting, will confirm or support the new approach to reducing HBP.

The trial starts with an average BP (blood pressure) of 170/120. This is significantly above the recommended BP for an 80 year-old male of 120/80 and is considered Stage 2 hypertension. Companion issues in hypertension which must be avoided include chest pain, vision problems, numbness or weakness or a breathing difficulty. None of these have surfaced as of this writing.

A higher HBP may become a hypertensive crisis. Because the insidious effects of HBP are often transparent until a major heart problem occurs, any BP must be reduced. As a pharmacist I do not wish to take prescription drugs to lower BP. Why? I believe most prescription drugs apparently negatively impact too many other body functions and organ efficiency. My personal trial will teach the benefits of this phytonutrient formula.

What are the possible advantages of this phytonutrient formula? Olive leaf extract, a key ingredient, with a minimum of 50% oleuropein has powerful bioactive properties. With no caffeine, it is also superior with its oxidative ingredients to green tea if chosen to use. It comes from the leaves and fruit of the olive tree. Any extract should be standardized by third party assays at no less than 50% oleuropein, as the polyphenol. What does this phytonutrient do to help HPB?

Confirmed studies in the literature indicate that it helps prevent LDL (bad) cholesterol from building up in the arteries while increasing blood flow and reducing blood pressure and assisting the reduction risk of heart disease. It serves as a natural diuretic and laxative while improving kidney function parameters (creatinine, urea) due to its powerful antioxidant properties. The leaf extract with high levels of oleuropein also supports overall health with special focus on hypertension, arthritis (inhibits cartilage destruction and increases high molecular weight hyaluronan production), colon inflammation, diabetes, infections, vertigo and even hair loss (increases hair follicle growth). It has long been used in oriental medicine as a trusted super-nutrient. Suggested use is three times daily with a dose of 1000mg for healthy adults above 18 years of age.

Adding Vitamin K2, a fat-soluble vitamin, with both Mk-4 and MK-7 components (which may include Vitamin D addition), improves arterial health and improved formation of healthy and strong bones. MK 4 and MK 7 are also known as menaquinones. MK4 is a synthetic ingredient while MK7 is natural, often obtained from natto where available, and has a longer half-life of blood presence than MK 4. Why are these ingredients important to the HBP formula?

In arterial health MK 7, supports proper calcium metabolism in vascular structures. By reducing the progression of atherosclerosis, it removes calcium from the lining of blood vessels, while improving blood flow, blood clotting and bone building. The important addition of Vitamin D3 to any Vitamin K2 product ensures calcium from any food consumed is deposited in the bones and not in the arteries.

Quality K2 supplements are Non-GMO, No Gluten, No Soy, No Tree Nuts, No Artificial Colors and third party assayed. Typical dose is 150 mcg three times daily. As an aside, often overlooked are the published articles that confirm dental health improvement using vitamin K2 and vitamin D3 through periodontal plaque reduction and improved gum condition. Look for dental toothpastes that include unique ingredients using amino acids and stannous fluoride.

Although many individuals do not add beets to their regular food consumption, this is a mistake. Beets are a superfood which are high in nitrates, which the body converts into nitric oxide. This causes your blood vessels to expand and aids blood flow while reducing everyday stress on the heart. As a result of improved blood flow, more oxygen is provided to the brain, liver and muscles which in turn gives provides more health energy to other functions. What is the recommended dosage for beet ingestion? Typically, beet root supplements, powder or capsule, should be taken three times daily with a dosage of 1000mg to 2000 mg before athletic performance or exercise. My recommendation as a pharmacist and health care provider for typical daily activities is 1500 mg three times a day. This is what should be included in the designed HBP formula and usage proposed.

As a pharmacist and healthcare provider, I am anxious to view the performance of this designed new formula to help reduce HBP. I need it. It can be a special addition remedy to those individuals who do not wish to consume traditional HBP medications. It is a trial that has begun.

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