



Hypertension – Supplements for Blood Pressure Support

Certain supplements can support healthy blood pressure when used correctly. They enhance vascular function — but they do not replace medication or lifestyle. Magnesium helps relax blood vessels and improves nitric oxide signaling. Potassium supports kidney sodium excretion and regulates blood volume. CoQ10 and beet-derived nitrates improve endothelial function and arterial flexibility. Lab trends often show better blood pressure response when mineral deficiencies are corrected —

especially in individuals with low dietary intake of potassium and magnesium.

Supplements work best when paired with:

- Whole-food nutrition
- Regular movement
- Consistent sleep

Without these foundations, benefits remain modest.

01 Is This Your Story?

A 58-year-old on blood pressure medication wants to avoid increasing dosage. Diet review reveals low magnesium and potassium intake. After adding magnesium supplementation and potassium-rich foods, home readings decline slightly. When walking and sleep improve, blood pressure stabilizes without medication changes. Energy improves and muscle cramps decrease.

02 Try This Today

Measure: Does your diet supply adequate magnesium and potassium?

Do: Add one mineral-rich food or supplement today

Reflect: Are supplements supporting your habits or replacing them?



Select a plan:

<https://tinyurl.com/healthyu-amaze>

