

## Effectiveness Checker

Enter the name of a condition or disease to find a list of natural medicines.

Hypertension

Search

x

## Effectiveness Checker Results

Search for: Hypertension

Matches: 218

### Likely Effective:

#### [DASH DIET](#) (Likely Effective)

##### Hypertension

Using the DASH diet can lower systolic blood pressure by about 5-11 mmHg and diastolic blood pressure by about 3-6 mmHg compared to a control diet in patients with hypertension; improvements can be seen after 1 week

([15976](#),[15977](#),[15978](#),[15981](#),[93590](#),[93591](#),[93593](#),[93596](#),[94501](#),[94503](#),[95577](#),[95681](#),[95682](#),[98327](#)).

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#### [POTASSIUM](#) (Likely Effective)

##### Hypertension

Oral potassium, via dietary intake or supplementation, reduces blood pressure.

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### Possibly Effective:

#### [BERBERINE](#) (Possibly Effective)

##### Hypertension

Berberine may have added benefits for reducing blood pressure when used in combination with amlodipine.

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#### [BLACK SEED](#) (Possibly Effective)

##### Hypertension

Oral black seed powder and black seed oil seem to reduce blood pressure by a small amount. However, if it is unclear if taking black seed is beneficial in patients with hypertension.

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#### [BLUE-GREEN ALGAE](#) (Possibly Effective)

##### Hypertension

Oral blue-green algae seem to modestly reduce blood pressure in patients with hypertension.

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#### [CALCIUM](#) (Possibly Effective)

##### Hypertension

Oral calcium seems to reduce blood pressure by a small amount. However, it is unclear if this reduction is clinically significant.

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### [CASEIN PEPTIDES](#) (Possibly Effective)

#### **Hypertension**

The casein peptides isoleucine-proline-proline (IPP) and valine-proline-proline (VPP), sometimes referred to as lactotriptides, can modestly reduce blood pressure in patients with hypertension. Lower doses given for shorter durations seem to produce greater effects, and the effects may be more pronounced in Japanese patients than in European patients.

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### [CHITOSAN](#) (Possibly Effective)

#### **Hypertension**

Substituting table salt with a chitosan-containing table salt may reduce blood pressure in patients with hypertension.

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### [COCOA](#) (Possibly Effective)

#### **Hypertension**

Oral cocoa seems to be beneficial for modestly decreasing blood pressure in hypertensive patients. It is unclear if dietary cocoa is beneficial for preventing hypertension.

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### [CONJUGATED LINOLEIC ACID \(CLA\)](#) (Possibly Effective)

#### **Hypertension**

Oral CLA seems to modestly reduce blood pressure when used along with ramipril.

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