

Preventive Medical Clinics of the Desert
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Certain combinations of vitamins, minerals, foods and herbs have been used for years to treat high blood pressure. The following are generally accepted as being useful and have some documentation of efficacy. They can be used on their own in mild hypertension and as adjuncts to medication in moderate and severe high blood pressure. If, once you start using them if they do not bring your blood pressure into the normal range (a blood pressure below 140 /90) then you should discuss with your doctor alternatives such as stricter diet, weight loss, exercise and/or medications to lower your blood pressure into the normal range.

High Blood Pressure / Hypertension Non-Medication Approach	
Action	Dosage
Basic Vitamin-Mineral Supplements Used To Lower Blood Pressure and Reverse Negative Consequences:	
Calcium	1,500-3,000 mg qd
Magnesium	400-1,200 mg each day
Selenium	200 mcg each day
Folic Acid	400 mcg each day
Vitamin B6	5mg/kilogram of your body weight each day
Vitamin C	1,000-2,000 mg each day
Vitamin E	400-800 IU each day
Potassium	2.5 grams (diet and supplements)
Calcium	1.5 grams each day
Omega-3 Fatty acids (alpha linolenic acid)	3000-10,000 mg each day
Arginine	0.5g/10 kg body weight each day
Mild Hypertension (at or above 140-160/90-104)	
Weight loss	
Low Salt (Low Sodium) Diet	
High fiber Diet	
High Potassium Diet	
Complex Carbohydrate Diet	
Add onions, celery and garlic to your diet	
Garlic	4000 mg each day fresh
Flaxseed oil	1 tbsp/day or fish oils 3 gram each day
Moderate to Severe Hypertension (140-180/105-114 or greater)	
All above also add:	
Anti-ACE peptides from bonito	1500 grams each day/day
CoQ10	50 mg 2-3 times daily
Arginine	0.5g/10 kg body weight each day
Take one of the following:	
Hawthorne extract (10% procyanidins or 1.8% vitexin4'-rhamonoside)	100-250 mg/3x daily
Olive leaf extract (117% to 23% oleuropein)	250-500 mg three times daily.