

[Higher vitamin D levels linked to lower hypertension risk](#)



Tuesday, March 12, 2013. The results of a meta-analysis that appeared this month in the *European Journal of Epidemiology* reveal an association between higher vitamin D levels and a lower risk of developing high blood pressure.

S. K. Kunutsor of the University of Cambridge and colleagues selected eight articles describing eleven studies for their analysis.

Seven studies reported vitamin D status as serum or plasma 25-hydroxyvitamin D, and four reported vitamin D intake from diet. Study participants were followed for periods ranging from 1.3 to 14 years.

Out of a total of 283,537 subjects, 55,816 cases of hypertension occurred over follow-up. Having a 25-hydroxyvitamin D level among the top one-third of participants was associated with a 30% lower risk of hypertension in comparison with the risk experienced by those whose levels were among the lowest third. A pooled analysis of five studies revealed that each 10 nanogram per milliliter (ng/mL) increase in 25-hydroxyvitamin D was associated with a 12% reduction in the risk of future hypertension.

[Read This News](#)

What's Hot

[Reduced antioxidant levels in PAD involved in increased lower extremity blood pressure during exercise](#)



An article published on September 24, 2012 in the *Journal of Physiology* reveals a protective role for antioxidants, particularly vitamin C, against the rise in blood pressure that occurs in the legs of individuals with peripheral arterial disease (PAD) during exercise. Peripheral artery disease is characterized by poor blood flow and

Highlight

[Life Extension Blog](#)

LifeExtension 

Life Extension's Blog features timely articles by Michael A. Smith, MD and other authors who provide practical tips for better health. Current articles discuss the controversy surrounding the increased presence of vegetable oil in the American diet, reveal a supplement for better looking legs,



PAD in the lower extremities due to the presence of plaque (atherosclerosis).

and inform readers why they should kick their sugar habit for good.

Lawrence Sinoway and his colleagues at Penn State Hershey Heart and Vascular Institute compared the effects of exercise in subjects with and without PAD. They found an increase in blood pressure in the legs of PAD patients compared to those without the disease. Preadministration of high doses intravenous ascorbic acid reduced this effect in PAD patients by 50 percent. In another experiment in which subjects with and without PAD had their leg muscles electrically stimulated, increases in blood pressure were greater in those with PAD, indicating that the response came directly from the muscle, rather than from the brain.

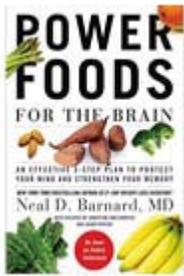
And don't miss this special report: "[What do you do if you're getting forgetful.](#)"

Let's face it - forgetful moments are in store for anyone who lives long enough. Fortunately, by supporting your brain health and neurological function with the right nutrients now, you can help minimize the cognitive issues that will arise later.

Subscribe to Life Extension's blog at <http://feeds.feedburner.com/LifeExtensionBlog> or visit online at <http://blog.lef.org/>

[Continue Reading...](#)

Latest Products



[Power Foods for the Brain, by Neal D. Barnard, MD](#)

Item #33855

[Add To Cart](#)



[Bioactive Milk Peptides, 30 capsules](#)

Item #01512

[Add To Cart](#)

Power Foods for the Brain, a new book by noted nutrition researcher and *New York Times* best-selling author Neal Barnard, MD, reveals how simple diet changes can shield the brain from memory loss, stroke, and Alzheimer's.

Power Foods for the Brain presents the latest and most compelling research on nutrition's surprising effects on the brain. Dr Barnard also lays out his simple three-step plan to protect the mind and strengthen the memory: put power foods to work, strengthen your brain, and defeat memory threats.

Neal Barnard, MD is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences, a Life Member of the American Medical Association, and a member of the American Diabetes Association.

Bioactive Milk Peptides (Lactium®) are a cutting-edge nutrient complex consisting of patented bioactive peptides found naturally in milk. Used widely in Europe to promote sustained and restful sleep patterns, published studies reveal that these bioactive milk peptides also promote relaxation, help with stress, and support daytime cognition. A group of 63 women reporting a variety of sleep-related difficulties experienced as much as 65.6% improvement in their symptoms with just 150 mg per day of these bioactive milk peptides. In another study, the same 150 mg dose induced substantial improvements across 27 markers of sleep quality and stress response in 165 healthy adults. And in a third study, a group of healthy men and women taking 150 mg per day of these bioactive milk peptides for one month experienced a 50% improvement in sleep quality after two weeks and needed 30% less time to fall asleep after 4 weeks.

Related Articles

[Life Extension Update](#)

[What's Hot](#)



- [Reduced vitamin D levels could help explain high blood pressure in African Americans](#)
- [Prediabetes and prehypertension associated with reduced vitamin D levels](#)
- [Reduced premenopausal vitamin D levels predict hypertension later in life](#)
- [Pregnant women deficient in vitamin D risk preeclampsia](#)
- [Vitamin D deficiency: emerging cardiovascular disease risk factor](#)
- [Greater vitamin D levels associated with protection from cardiovascular risk factors](#)

Life Extension Magazine®

- [Startling findings about vitamin D levels in Life Extension® members](#)
- [Brittle bones and hardened arteries: the hidden link](#)
- [Vitamin D's crucial role in cardiovascular protection](#)

Health Topics

- [High blood pressure](#)
- [Atherosclerosis and cardiovascular disease](#)



***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

If you have questions or comments concerning this issue or past issues of *Life Extension Update*, send them to ddye@lifeextension.com or call 954-202-7716.

www.lef.org

[Sign up for Life Extension Update](#)

For Customer Service inquiries, please email customerservice@lifeextension.com or call 1 800 678 8989.

If you do not wish to receive the Life Extension Update, please [click here](#) or copy & paste the following URL into your web browser's address bar:

https://mycart.lef.org/unsubscribe.asp?id=0&email=dpenteadojr@hotmail.com&promo=EZNEML_eNewsletter2013Wk11-1

For copyright permission, please refer to [Life Extension copyright policy](#)

Life Extension reserves the right to make adjustments in its sole discretion to any price, product or offer contained in this email due to market conditions, product discontinuations, manufacturer price changes, errors in advertisements, product descriptions or any other circumstance. Additionally, Life Extension reserves the right to limit quantities on any items advertised in this email. All orders are subject to approval by Life Extension.

Life Extension will not be liable for any errors, typographical or photographic or otherwise, for product information, pricing or other content, that may appear in this email or any other electronic or print communication that contains offers to purchase products or services from Life Extension Foundation Buyers Club, Inc. or any of its affiliates.

All Contents Copyright © 1995-2013 Life Extension® All Rights Reserved.

LifeExtension.com, Inc. | 3600 W. Commercial Blvd. | Fort Lauderdale FL 33309

Sociedade Brasileira para Estudos da Fisiologia - SOBRAF

www.sobraf.org | facebook.com/sobraf.fisiologia

85 3064.1662 | contato@sobraf.org

