

Magnesium Supplementation Maybe Useful In Helping Hypertension

Atherosclerosis can certainly advance cardiovascular disease to dangerous stages, including heart attack and stroke.

However, one of the greatest threats to heart health is hypertension- chronic elevated blood pressure. Although the causes of most cases of hypertension are not definitive, the condition can stem from a number of causes including hardened arteries, excessive salt intake, stress and conventional medicines (steroids and non-steroidal anti-inflammatory drugs (NSAIDs)). Hypertension forces the heart to work harder, potentially causing the heart muscle to thicken and enlarge. A chronically enlarged heart is destined to fail. The increased pressure on the arterial walls can also cause the wall and any plaques to weaken and break, ripening the scene for dangerous clots and blockages. According to the American Heart Association, some 50 million Americans suffer from hypertension, most without knowing it. The good news is early intervention can help lower and control blood pressure.

The supplement, “magnesium” addresses hypertension by helping to maintain proper smooth muscle function in your blood vessels. The added magnesium acts like a calcium channel blocker to stabilize cardiac condition, heart muscle and vascular membranes.

Studies have shown stress, as well as anxiety and depression, can contribute to heart disease progression, while traumatic events can trigger arrhythmia and heart attacks.

Magnesium deficiency has been found in stress cases which can be reversed with magnesium supplementation.

Magnesium is something that most people’s bodies need and can be essential in helping to prevent hypertension before it begins and to treat it naturally with less reliance on drugs.

Hazle Drugs own brand of Magnesium/Taurine Forte (Mg/Taurine Forte) is a specific nutritional supplement that has been shown to be effective in enhancing cardiovascular health.

Hazle Drugs “Magnesium/Taurine Forte” (Mg/Taurine Forte) consists of nutrients that are integral to the process of lipid metabolism. They include Magnesium 100mg, which aids in the regulation of blood pressure, Taurine 200mg, which is a non-essential amino acid that research suggests helps those afflicted with congestive heart failure; L-Carnitine 30 mg, an amino acid showing its effectiveness in reducing lipids, both cholesterol and triglycerides; Pantothen Complex 50mg, an active form of Vitamin B5 which has been shown to reduce blood cholesterol and triglycerides; Chromium 50mcg, which efficiently metabolizes insulin to better transform lipids into energy and not fat; and Selenium Amino Acid Chelate 50mcg, a powerful antioxidant: glutathione that helps reduce arterial plaque.

For more information on how Magnesium can help you, please contact Bill Spear, R.Ph, CCN, Compounding Pharmacist and Certified Clinical Nutritionist at Hazle Drugs 1 E. Broad St., Hazleton, Pa. 18201 570-454-2476 www.hazledrugs.com

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476 Call for more information or to schedule your Nutritional Consultation today!

