

TOP 10 LIST #2

TOP 10 all Natural Supplements to Take that is Guaranteed to Reverse Hypertension

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TOP 10 All Natural Supplements to Take to Reverse Hypertension

✓ 1. **Garlic Breathe Anyone?**

Garlic is a super herb when trying to lower blood pressure. It contains substances which can help lower your blood pressure within minutes. It also works as an anti fungal and an antibiotic.

✓ 2. **Open up to Some L-Arginine**

This natural supplement aids with proper circulation. It facilitates the cardiovascular system by enhancing the organs which make up this system. This helps in regulating your blood pressure.

✓ 3. **Potassium – Can't Live Without it.**

This is one of the most important minerals found in the body. Its function is to work with sodium and control the fluid levels in the body. A regulated fluid level means further regulation for the blood pressure.

✓ 4. **Get Calm and Collective with Aloe**

Due to its anti-inflammatory properties it improves the flow of blood in the body. This puts less strain on the heart causing it to work more effectively.

✓ 5. **Love your Heart? Then choose Hawthorn Berry**

This herb also aids with the bodies circulatory system. It also helps with oxygen utilization in the heart, enabling the heart to be properly fueled.

✓ 6. **Care for Some Cleansing? Try Burdock Root**

Burdock relieves the elimination processes in the body. It detoxifies the body and help rejuvenate the kidney and urinary tract, helping them to work at their best. It also cleanses the colon from all toxic material. This helps in reducing blood volume hence reducing your blood pressure.

✓ 7. **CoQ10 Can Handle the Pressure**

This is naturally made in the body. However, as we age we may not make enough to sustain the body. This helps to maintain a healthy blood pressure and have proven to lower diastolic pressure by 10 points

✓ 8. **Omega-3 If you Don't Have it Get it!**

Presents anti inflammatory characteristics and helps reduce high blood pressure along with decreasing the risk of heart disease. it is an essential nutrient that everyone should take

✓ 9. **Ahhhhh! Aqua-rite**

A great contributing factor to hypertension is fluid retention. Aqua-Rite support the fluid balance in the body, maintain a healthy cardio vascular system and in turn reduces your blood pressure back to normalcy.

✓ 10. **Beat that Hypertension to the T with High-Rite**

High-Rite is a totally 100% natural substance, it directly responds with your cardiovascular and your circulatory system to keep it balanced and functioning in a totally optimized state.

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