

Blood Pressure

DNA Wellness Report



REPORT CATEGORY —



Report date: 16 September 2022

Powered by



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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

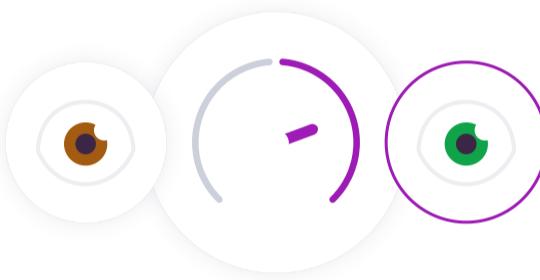


How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

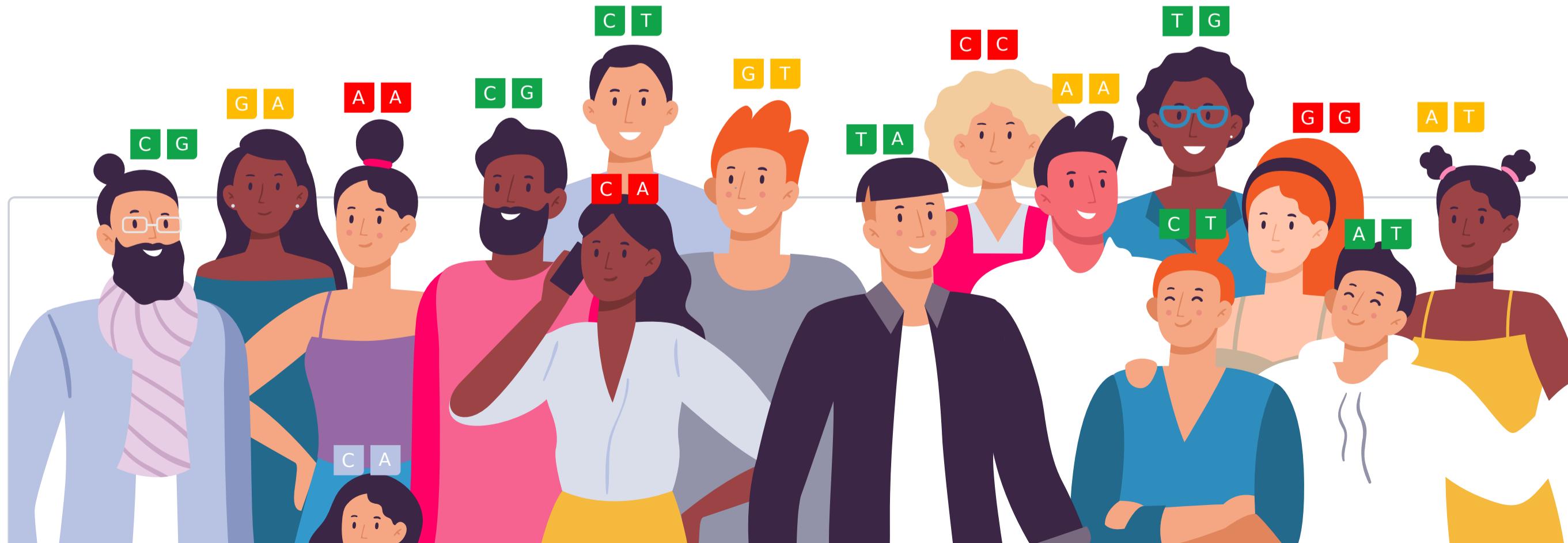


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

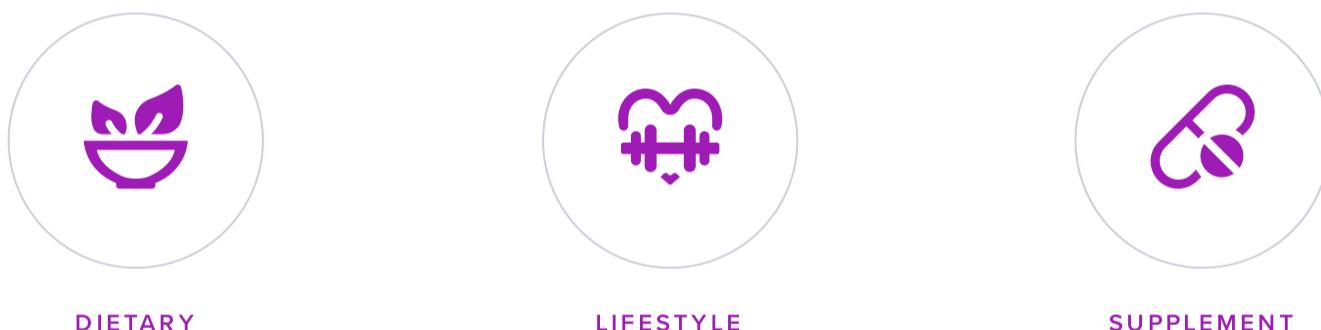


Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

**When applicable, we also list top evidence-based recommendations that may help lower your risk.
The focus is on recommendations that may be of benefit to you, based on your genetics.**

Our recommendations come in three categories: lifestyle, diet, and supplements.
The following icons tell you which category a recommendation falls into:



**Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.**

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

██████ 5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

██████ 4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

██████ 3 / 5

Recommendations that are considered possibly effective and have many studies supporting them.

██████ 2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

██████ 1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

██████ 0 / 5

No evidence in humans.

Genotype-specific evidence

██████ High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

██████ Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

██████ Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

██████ Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

██████ In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

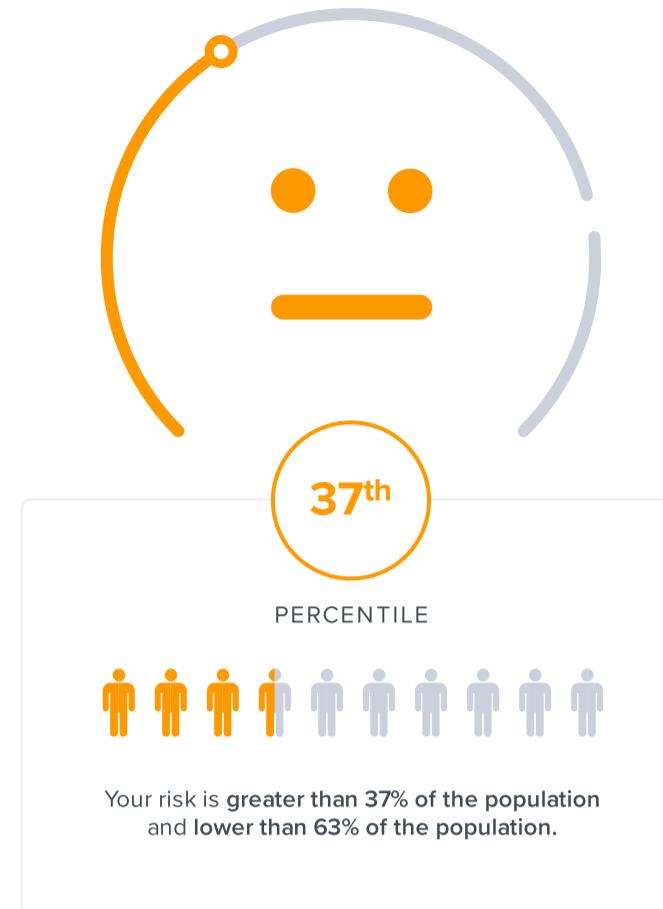
Some things to keep in mind:

- The scores/gauges use the latest scientific studies. But they are not perfect and will change as the models improve.
- Results might be more accurate for some ethnic groups than others. This depends on the studies used in each report.
- Not everyone with risk variants will develop a health condition.
- People without risk variants can also develop health conditions.
- Genetics is not the whole story. Your health is most often a combination of genetics, lifestyle, and environmental factors. Great news, as this means that you can often change your lifestyle to lower your risk.
- It's important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

Summary

Your quick takeaway

Average risk of high blood pressure based on 1,194,108 genetic variants we looked at



What you can do

Your top 5 recommendations / out of 15 in total

1	Exercise	IMPACT ██████████ 5 / 5	EVIDENCE ██████████ 5 / 5
2	Avoid Cigarette Smoke	IMPACT ██████████ 5 / 5	EVIDENCE ██████████ 5 / 5
3	DASH Diet	IMPACT ██████████ 4 / 5	EVIDENCE ██████████ 5 / 5
4	Maintain a Healthy Weight	IMPACT ██████████ 4 / 5	EVIDENCE ██████████ 5 / 5
5	Potassium	IMPACT ██████████ 3 / 5	EVIDENCE ██████████ 3 / 5

Introduction

Did you know that about 9 out of 10 Americans will develop high blood pressure at some point in their lives [R]? But what exactly is high blood pressure? And is there anything you can do about it?

When your heart beats, it pumps blood to your entire body through your blood vessels. As blood circulates, it pushes against the inner walls of these blood vessels. Your blood pressure is a measurement of how hard your blood is pushing on these walls. Blood pressure increases when the blood vessels narrow or when the heart pumps harder [R].

When a doctor measures your blood pressure, they give you two numbers. The first number describes the force when your heart beats (*systolic* blood pressure). The second number describes the force between heartbeats (*diastolic* blood pressure) [R].

A reading below 120/80 mmHg is generally considered normal. High blood pressure is when the top number is 130 mmHg or higher or the bottom number is 80 mmHg or higher. Doctors call high blood pressure *hypertension*.

This report focuses on the genetics of high blood pressure. Read on to find out:

- **How your genetics play a role in blood pressure**
- **Your genetic risk score based on around 1.2 million genetic variants**
- **Personalized recommendations based on your unique genetic data**

About Blood Pressure

There are two major types of high blood pressure.

The first one is slow-developing and without an underlying cause. Doctors call this *primary* or *essential hypertension*. The majority of people will develop this type of high blood pressure.

Several factors can contribute to primary hypertension [R]:

- Age
- Being overweight or obese
- Not getting enough physical activity
- Tobacco use
- A diet high in salt (sodium)
- A diet low in potassium
- Alcohol abuse
- Stress
- Ethnicity (African ancestry)
- **Genetics**

Sometimes, high blood pressure is the result of a known underlying cause. Doctors call this *secondary hypertension*. Some examples of things that can cause secondary hypertension include [R]:

- Abuse of recreational drugs, such as cocaine and amphetamines
- Some medications, such as birth control pills and painkillers
- Conditions such as obstructive sleep apnea, kidney disease, and blood vessel defects

High blood pressure usually doesn't produce any symptoms. Most people don't realize they have it until they visit their doctor for a routine checkup [R]!

The danger is that high blood pressure increases your chances of heart attack and stroke. In 2018, high blood pressure contributed to the death of almost 500,000 Americans [R, R].

The good news is that high blood pressure is easy to detect and treat. Your doctor will work with you to reduce your blood pressure. They may recommend medication, a low-sodium diet, exercise, and other lifestyle changes [R].

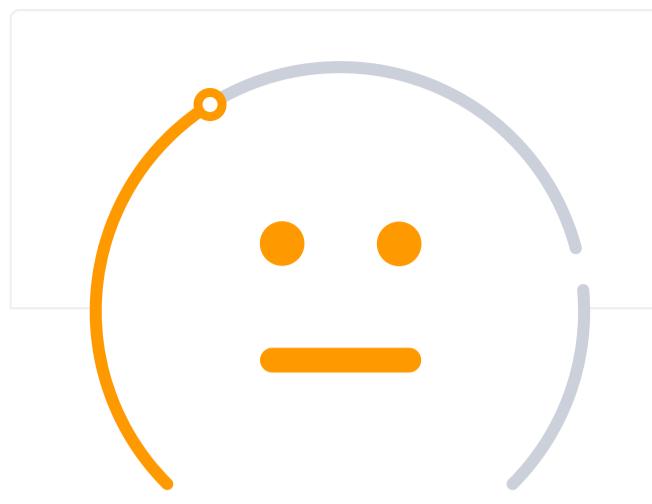
Some strategies and recommendations may work better for some people than others. This is partly due to genetics, which may account for up to 50% of differences in blood pressure [R, R].

Genes that influence blood pressure can affect:

- Blood volume ([SCNN1A](#), [NPR3](#), [CSK](#), [AGT](#), and [ACE2](#)) [R, R, R, R, R]
- Blood vessel width ([AGT](#), [ACE2](#), and [NOS3](#)) [R, R, R]
- Stress response ([ADRB1](#) and [ADRB2](#)) [R, R]
- Breakdown of blood pressure-raising compounds, such as caffeine ([CYP1A2](#)) [R, R]

AGT and *ACE2* genes raise your blood pressure. They do this by increasing the amount of blood and making your blood vessels smaller. ACE inhibitors are blood pressure-lowering drugs that can counteract this [R, R, R].

It's important to remember that genetics isn't everything. Your lifestyle and environment account for about 50% of blood pressure differences [R].

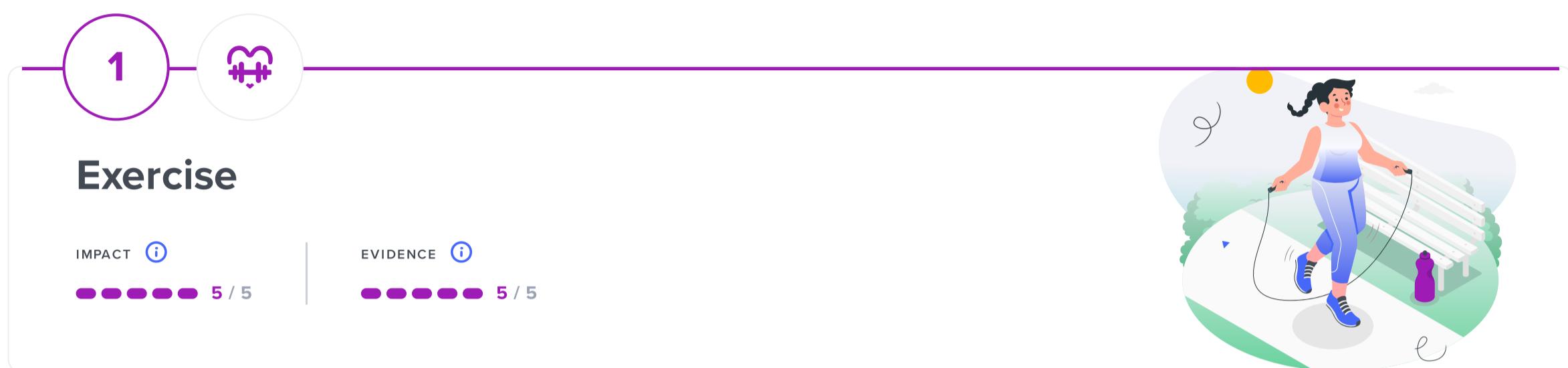


Average risk of high blood pressure based on 1,194,108 genetic variants we looked at



Your recommendations

Total of 15 recommendations



Exercise can do wonders for your health. It benefits your body and your brain. It can help you lose weight, improve your heart health, and boost your mood and self-esteem.

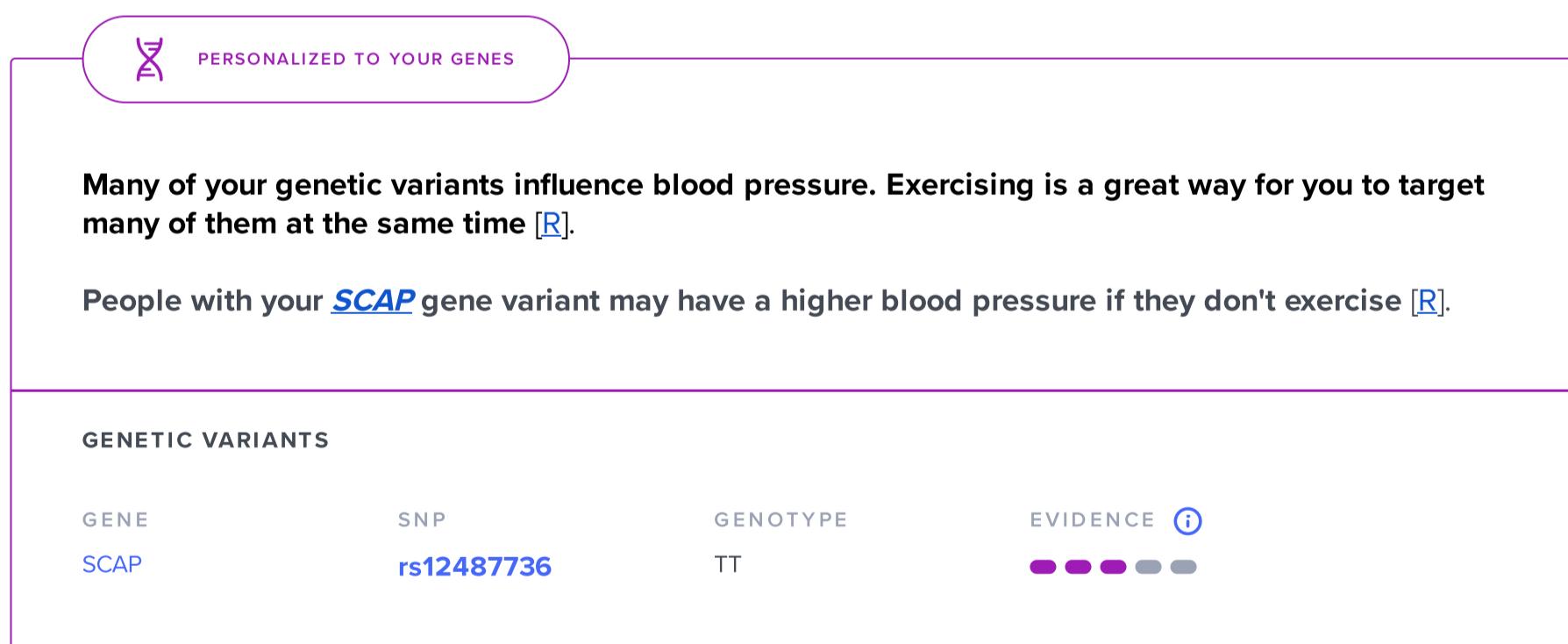
There are many ways you can be active. You can walk, run, swim, dance, play team sports... **Everything counts and it's never too late to start!**

You should get a mix of aerobic exercise (at least 150 min/week) and strength training (2 times/week) [R].

How exercise helps with blood pressure:

Exercise is a great way to lower your blood pressure. A single exercise session can lower your blood pressure for up to 24 hours. These benefits also add up over time [R].

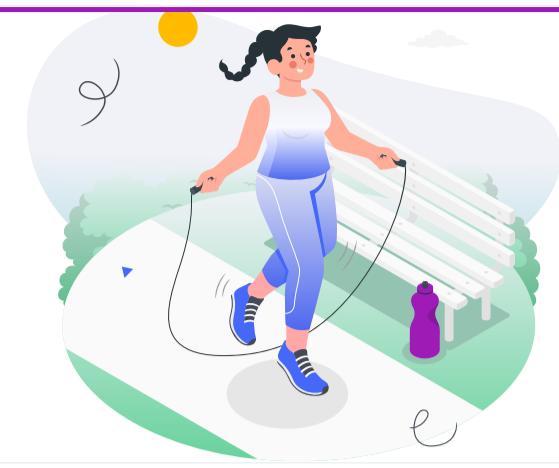
The type of exercise is less important. Aquatic exercise, stretching, brisk walking, tai chi, etc. are all effective [R, R, R, R]. **In general, choose something that you like, because you'll be more likely to stick to it!**



2



Avoid Cigarette Smoke

IMPACT i
● ● ● ● ● 5 / 5
EVIDENCE i
● ● ● ● ● 5 / 5


If you're a smoker, you already know that tobacco is not great for your health. **Smoking affects not only your lungs but your entire body.** It can increase your risk of developing heart and lung disease.

And if you're not a smoker, it's important to know that **secondhand smoke can cause many of the same health issues.**

Yet there is good news. Quitting smoking can reverse many of these negative effects. It is a great way to dramatically improve your health.

How avoiding cigarette smoke helps with blood pressure:

Smoking narrows your blood vessels and increases your blood pressure [R, R, R, R].

Electronic cigarettes with nicotine may also raise blood pressure, but to a lesser extent [R, R].

Even passive smoke exposure may increase blood pressure in children and adolescents [R].



PERSONALIZED TO YOUR GENES

Your **MTHFR** gene variant may be linked to higher blood pressure in smokers [R]. Do your best to avoid cigarette smoke.

GENETIC VARIANTS

GENE
MTHFRSNP
rs1801133GENOTYPE
AGEVIDENCE i
● ● ● ● ●

3



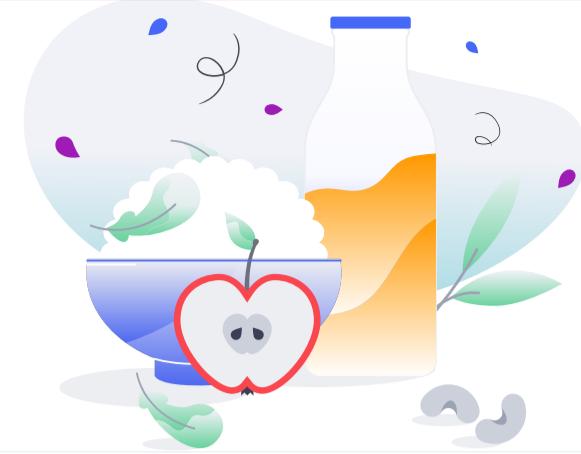
DASH Diet

IMPACT

4 / 5

EVIDENCE

5 / 5



Health experts developed the DASH diet to reduce blood pressure. This diet limits salt, sweets, and saturated fat, while increasing daily servings of [R]:

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces daily)

How the DASH diet helps with blood pressure:

The DASH diet is among the most effective diets for reducing blood pressure [R, R, R].



PERSONALIZED TO YOUR GENES

The DASH diet may reduce blood pressure by targeting many of your gene variants at once [R].

The DASH diet may be more effective at lowering blood pressure in people with your *ADRB2* gene variant [R].

The DASH diet may lower blood pressure more in people with your *AGT* gene variant [R].

GENETIC VARIANTS

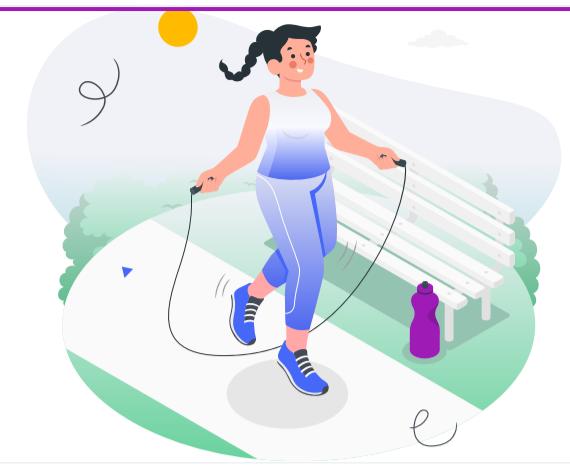
GENE	SNP	GENOTYPE	EVIDENCE
ADRB2	rs1042713	AG	
AGT	rs5051	TT	

4



Maintain a Healthy Weight

IMPACT i

EVIDENCE i


A healthy weight is important for your short- and long-term health. But what weight is healthy?

A healthy weight is when you don't have too much body fat. Doctors use BMI (*body mass index*) as a rough guide to figure this out. Your BMI (kg/m^2) is your mass (in kg) divided by the square of your height (in meters). There are a lot of free online calculators that can do the math for you.

In general, experts say that:

- a BMI between 18.5 and 25 is healthy
- a BMI over 25 is overweight
- a BMI over 30 is obese

How keeping a healthy weight helps with blood pressure:

Obesity is a major risk factor for high blood pressure [R, R].

Excessive body fat can increase your blood pressure by [R, R]:

- Damaging the blood vessels
- Worsening kidney function
- Causing [insulin resistance](#)

Blood pressure tends to improve with weight loss. Generally, the more weight you lose, the greater the improvement [R, R].



PERSONALIZED TO YOUR GENES

Your [AGT](#) gene variant may be linked to high blood pressure in obese people [R]. Take special care to maintain a healthy weight.

GENETIC VARIANTS

GENE

AGT

SNP

rs699

GENOTYPE

GG

EVIDENCE i

5



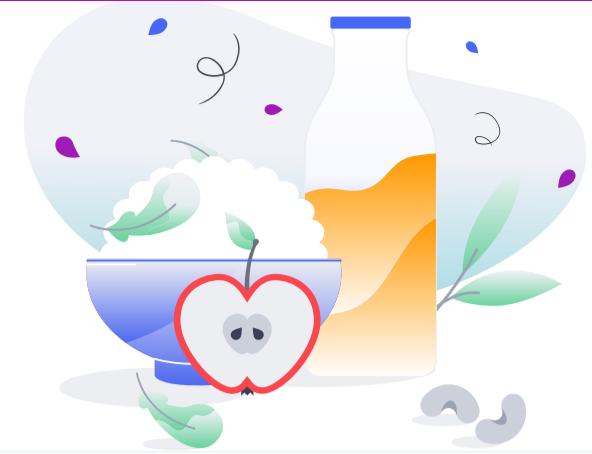
Potassium

IMPACT

3 / 5

EVIDENCE

3 / 5



CHECK YOUR LEVELS BEFORE SUPPLEMENTING

MAKE SURE YOUR RESULTS ARE UP TO DATE

[INPUT LAB RESULT](#)[ORDER LAB TEST](#)

Potassium is an essential mineral. Our cells need it to function. Potassium is especially important for your heart health [R, R].

That said, a lot of us may not be getting enough potassium. That's because our Western diets are generally low in it. There's not much potassium in processed foods. Also, many people don't eat enough fruits and vegetables, which are rich in this mineral [R].

The recommended potassium intake is about 4.7 g/day. How can you increase your potassium intake? **Make sure you are eating enough foods that are rich in this mineral**, such as [R, R]:

- Potatoes and sweet potatoes
- Lentils
- Squash
- Bananas
- Apricots
- Spinach

However, do not take potassium supplements without talking to your doctor first.

How eating more potassium helps with blood pressure:

Potassium helps remove excess salt (sodium) from your body. It can also help relax your blood vessels, which further decreases blood pressure.

Increasing your potassium intake (by at least 780 mg/day) may help reduce your blood pressure — that's about two bananas a day. This can be particularly effective for people who get too much salt in their diet [R, R, R].



PERSONALIZED TO YOUR GENES

Your **EDN1** gene variant has been linked to higher blood pressure. People with this variant may benefit more from getting extra potassium [R, R, R].

Increased potassium intake may drop blood pressure more in people with your **ARL15** gene variant [R].

GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
EDN1	rs1630736	CC	
ARL15	rs16882447	AC	

6



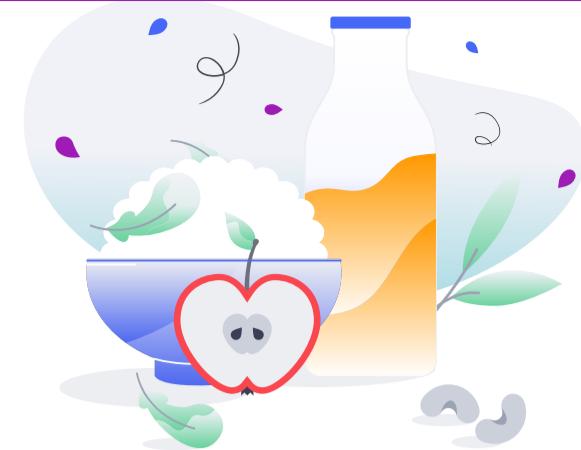
Reduce Salt Intake

IMPACT ⓘ

4 / 5

EVIDENCE ⓘ

3 / 5



Your body needs a certain amount of sodium to function, which usually comes from salt. But Americans are getting more salt than they need! **Too much salt leads to higher blood pressure and an increased risk of stroke and heart disease.**

Most of this extra salt comes from packaged and prepared foods.

Try to limit your daily salt intake to 1 teaspoon (6 g) of salt [R].

How cutting back on salt helps with blood pressure

Health experts recommend limiting salt to reduce blood pressure. Excess salt can raise blood pressure by increasing blood volume [R].

Sodium-free salt substitutes may help lower blood pressure. These include potassium, magnesium, and calcium salts [R].



PERSONALIZED TO YOUR GENES

People with your WNK1 gene variant may see bigger blood pressure drop from limiting salt [R].

Your SCNN1A gene variant may lead to higher blood pressure if you eat too much salt. Try to limit your salt intake [R].

GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE ⓘ
WNK1	rs12828016	GG	
SCNN1A	rs4764586	AA	

7



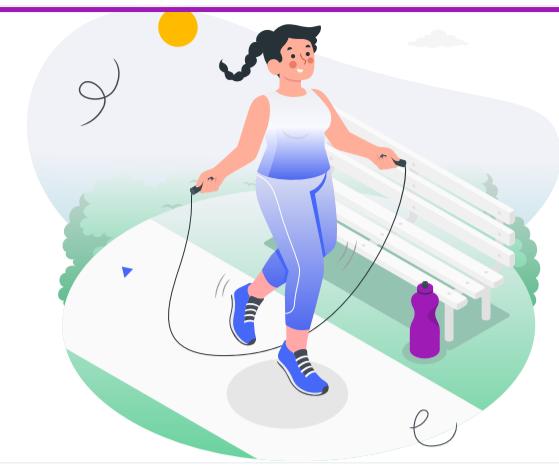
Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5



We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

How reducing stress helps with blood pressure:

Did you know that mental [stress](#) may more than double your risk of developing high blood pressure [R, R]?

For example, job strain increases blood pressure, especially in men [R, R].

Relaxation techniques help decrease stress and may help lower your blood pressure [R, R, R].



PERSONALIZED TO YOUR GENES

Your [ADRB1](#) gene variant is linked to high blood pressure. Mental stress may have a stronger impact on blood pressure in people with this variant [R, R].

Your [AGT](#) gene variant is linked to higher blood pressure due to mental stress [R].

GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
ADRB1	rs1801253	CC	
AGT	rs699	GG	

8



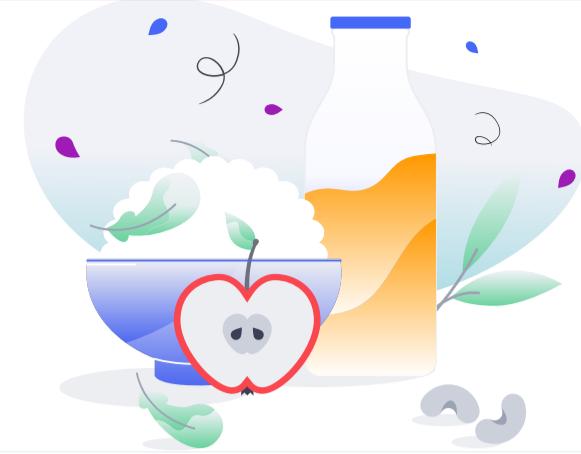
Limit Alcohol Intake

IMPACT

4 / 5

EVIDENCE

5 / 5



Many people drink alcohol in their free time. For some, alcohol temporarily improves their mood and mental state [R].

Experts agree that having 1-2 drinks per day likely won't cause harm. However, heavy drinking is bad for your health [R].

How limiting alcohol intake helps with blood pressure:

Drinking too much alcohol can damage your blood vessels and raise your blood pressure [R, R].

Are you drinking more than 2 drinks each day? If that's the case, lowering your alcohol intake may help decrease your blood pressure [R].



PERSONALIZED TO YOUR GENES

Alcohol consumption may increase blood pressure more in people with your **CYP11B2** variant [R]. Do your best to limit alcohol intake.

GENETIC VARIANTS

GENE

LYPD2

SNP

rs1799998

GENOTYPE

AG

EVIDENCE

9



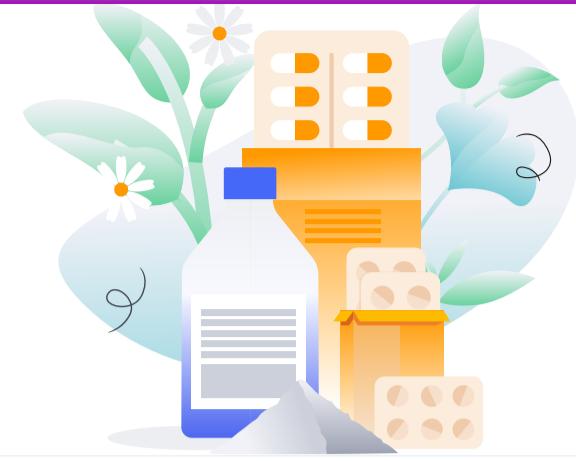
Garlic Extract

IMPACT

3 / 5

EVIDENCE

4 / 5



Garlic is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic.

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [R].*

How garlic extract helps with blood pressure:

Studies have found that supplementing with [garlic](#) extract (600-2,400 mg/day) may help lower blood pressure [[R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

Garlic can help lower blood pressure in two ways. First, sulfur-containing compounds in garlic can help relax blood vessels. Second, garlic can also improve blood flow by reducing blood vessel inflammation [[R](#), [R](#), [R](#)].



PERSONALIZED TO YOUR GENES

Your [JAG1](#) gene variant is linked to high blood pressure. Increased [JAG1](#) activity likely narrows blood vessels. Garlic may help by widening blood vessels [[R](#), [R](#), [R](#)].

Your [AGT](#) gene variant is linked to high blood pressure, likely due to narrowed blood vessels. Garlic may help by relaxing blood vessels [[R](#), [R](#)].

GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
JAG1	rs1887320	GG	
AGT	rs699	GG	

10



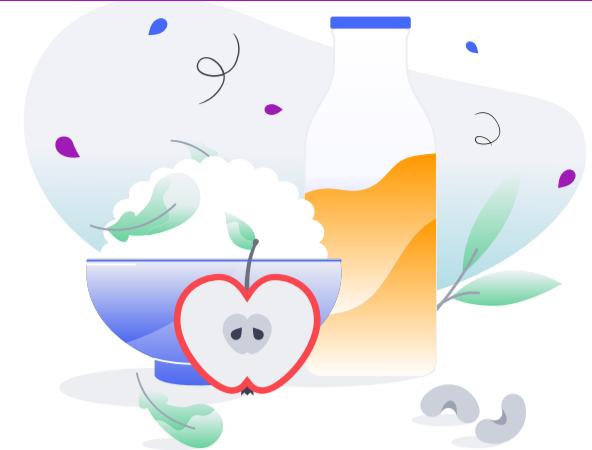
Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

3 / 5



The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. While this diet varies by region, it is generally rich in healthy foods such as [R]:

- Fruits and vegetables
- Whole grains
- Healthy fats (fish, [olive oil](#))

Red meat is limited and dairy is eaten in moderation.

How a Mediterranean diet helps with blood pressure:

The **Mediterranean diet is well-known as a “heart-healthy” diet.** Studies have shown it can help decrease blood pressure and prevent heart disease [R, R, R].



PERSONALIZED TO YOUR GENES

A Mediterranean diet may reduce the risk of heart disease in people with your [TCF7L2](#) variant.
Make sure you're also getting enough healthy fats from extra-virgin olive oil (50 mL/day) or nuts (30 g/day) [R].

GENETIC VARIANTS

GENE

TCF7L2

SNP

[rs7903146](#)

GENOTYPE

CT

EVIDENCE



11



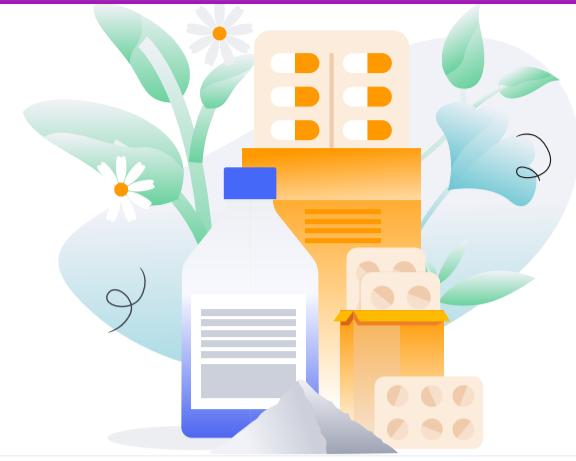
Hibiscus

IMPACT i

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EVIDENCE i

● ● ● ● ● 3 / 5



Hibiscus (*Hibiscus sabdariffa*), also known as roselle or sorrel, is a flowering plant. It is traditionally brewed as a tea of a distinctive, bright pink color [R, R].

For hundreds of years, people from all over the world have taken hibiscus for its potential health benefits [R, R, R].

Please note: Hibiscus can interact with "water pills" (diuretics) like hydrochlorothiazide. If you are using "water pills", consult your doctor before taking hibiscus.

How hibiscus helps with blood pressure:

Hibiscus may help lower blood pressure in two ways. For one, it increases urination, helping remove excess salt and water. Second, hibiscus helps relax the blood vessels [R].

Many studies have shown that hibiscus extracts can help reduce blood pressure. These extracts contain about 250 mg of active components called *anthocyanins* [R, R, R, R, R, R, R, R].

Hibiscus tea (4-10 g/day) may also reduce blood pressure, but has a weaker effect compared to hibiscus extracts [R, R, R].

12



Psyllium Husk

IMPACT i

██████ 2 / 5

EVIDENCE i

██████ 3 / 5



[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How psyllium husk helps with blood pressure:

Getting enough fiber in your diet has many beneficial effects. Lowering blood pressure is one of them [R, R].

Therefore, **if you have high blood pressure, adding psyllium husk (10-12 g/day) to your diet may help** [R].

13



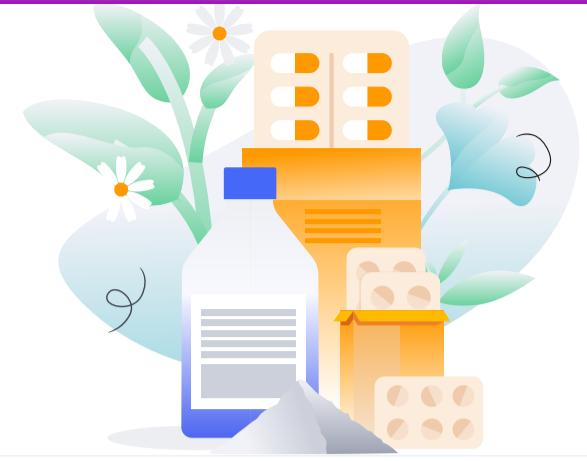
L-Arginine

IMPACT i

■ ■ ■ ■ ■ 2 / 5

EVIDENCE i

■ ■ ■ ■ ■ 3 / 5



L-arginine is an amino acid and a building block for proteins in our bodies. This amino acid is particularly important for healthy blood vessels [R].

All major protein-rich foods, including meat, fish, dairy, and beans, have L-arginine. You can also get it as a supplement.

Please note: *L-arginine can interact with many heart medications. If you are taking any heart medications, consult your doctor before using L-arginine [R, R, R].*

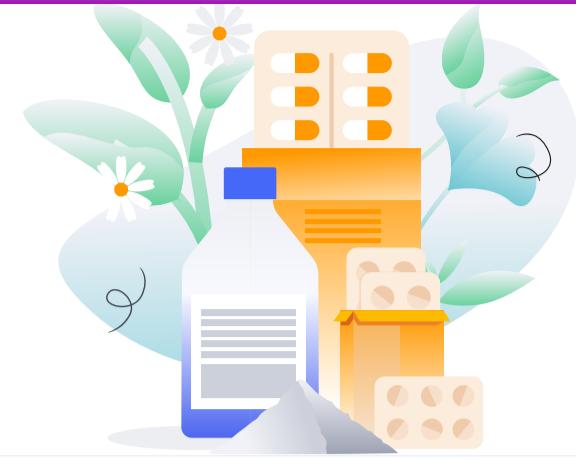
How L-arginine helps with blood pressure:

L-arginine (4-24g/day) might decrease blood pressure by widening blood vessels [R, R].

14



Omega-3 Fatty Acids

IMPACT i● ● ● ● ● 2 / 5EVIDENCE i● ● ● ● ● 3 / 5

CHECK YOUR LEVELS BEFORE SUPPLEMENTING

MAKE SURE YOUR RESULTS ARE UP TO DATE

[INPUT LAB RESULT](#) [ORDER LAB TEST](#)

Omega-3 fatty acids are healthy unsaturated fats. Our bodies produce less omega-3s than we need for optimal health. That is why it's important we get enough omega-3s through food.

The three main omega-3s are EPA, DHA, and ALA. You can get EPA and DHA from “fatty fish” such as salmon, tuna, herring, and sardines. Nuts and seeds are good sources of ALA.

Omega-3s are particularly important because of their role in preventing heart disease. For optimal protection, try to get at least two servings of fatty fish per week [R].

Please note: *Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are using blood thinners, consult your doctor before taking fish oil [R].*

How omega-3 fatty acids help with blood pressure:

Omega-3s are important for the tightening and relaxation of your blood vessels [R, R].

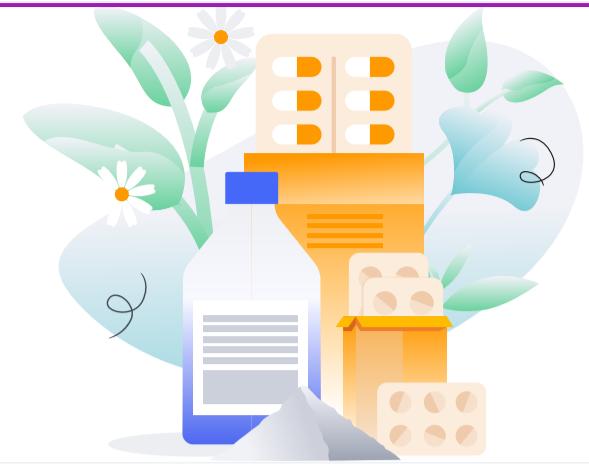
High blood levels of omega-3 fatty acids, especially DHA, may lead to lower blood pressure [R, R].

Studies have also shown that [fish oil](#) (> 2 g/day), which is rich in omega-3s, can help decrease blood pressure [R, R].

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Riboflavin



CHECK YOUR LEVELS BEFORE SUPPLEMENTING

MAKE SURE YOUR RESULTS ARE UP TO DATE

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Vitamin B2, also known as [riboflavin](#), is a B vitamin that helps our cells create energy. It is important for our brain and liver health. This vitamin also helps build red blood cells and maintains a healthy gut, mouth, and eyes [R, R].

Vitamin B2 deficiency is rare in the US. You may be at a higher risk if you have gut, eating, or hormonal disorders. Alcohol abuse and certain medications can also deplete this vitamin [R, R].

The main dietary sources of this vitamin include [R, R]:

- Eggs
- Dairy
- Lean and organ meats
- Green vegetables
- Fortified cereals

How riboflavin helps with blood pressure:

Several studies found a link between low vitamin B2 intake and high blood pressure. Are you obese or taking blood pressure medication? Vitamin B2 may be especially beneficial in these conditions [R, R].