



A new study, presented at the European Society of Hypertension (ESH) meeting in London, shows direct benefits from taking supplements for five months in winter.

The researchers found that those patients taking the vitamin D supplement of 75 mcg (correct) daily showed a significant reduction in central systolic blood pressure, blood pressure measured near the heart.

When compared to the placebo group, patients taking vitamin D had a cut in systolic blood pressure of 6.8 mmHg, while diastolic blood pressure was reduced by 1.7mmHg.

Vitamin D would not be a cure for hypertension in these patients, but it may help, especially in the winter months.

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