

Heart Study: Vitamin C Shown as Good as Exercise

A study from the University of Colorado has found that vitamin C taken daily, reduces blood vessel constriction as much as walking does

September 14, 2015 (FPRC) -- Vitamin C is one of the most famous vitamins as it benefits so many areas of health. It isn't stored in the body and its highest sources are fresh vegetables and fruits. Vitamin C strengthens bones and teeth, heals wounds, fights infections, smooths skin wrinkles (by helping to make collagen), and supports heart and eye health.

Especially for a healthy heart, vitamin C benefits have been the topic of research studies for its ability to lower blood pressure and increase the health of blood vessels.

A recent study from research scientist Dr. Caitlin Dow at the University of Colorado at Boulder, focused on 35 obese or overweight adults. These adults are often advised to walk for exercise, but they can find it a challenge to include it in their daily lives.

Dr. Dow's research found that 500 mg. of time-release vitamin C taken daily, reduces blood vessel constriction as much as walking does.

Overweight and obese people were chosen for the study as they have higher levels of a certain vessel-constricting protein which makes their blood vessels less responsive to blood flow -- thus increasing the risk of developing vascular or heart disease. Exercise has been shown to reduce the effects of this protein and to benefit blood vessels.

The University of Colorado study compared the daily use of vitamin C heart supplements to daily walking in a group of 35 sedentary, overweight individuals. Blood flow was measured before and after each alternate remedy.

The results: Daily supplementation of vitamin C (500 mg/day, time-released), reduced blood vessel constriction as much as the walking exercise did. They recommend that Vitamin C supplementation represents an effective lifestyle strategy for this condition.

In addition to this current study, the American Journal of Clinical Nutrition published a review of 29 research trials on people with high blood pressure and concluded that vitamin C has a useful role in lowering it.

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Contact Information

For more information contact Jobee Knight of Nutrition Breakthroughs
(http://www.nutritionbreakthroughs.com/html/sleep_remedy_for_insomnia_help.html)

1-818-913-4308

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