

# Abstract

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## Treatment of hypertension with nutraceuticals, vitamins, antioxidants and minerals.

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**BACKGROUND:** Hypertension is the most common reason for visits to physicians' offices and the primary reason for prescription drug use. The target organ damage associated with hypertension, such as stroke, myocardial infarction, congestive heart failure, renal disease and large artery disease, can be mitigated by aggressive nondrug and drug therapies.

**DISCUSSION:** Hypertension is a syndrome of various metabolic, functional and structural abnormalities that must be viewed in a more global setting of cardiovascular risk. Aggressive detection, evaluation and treatment of the 'blood vessel health' is mandatory to modern hypertensive care.

**SUMMARY:** Lifestyle modifications in conjunction with vitamins, minerals, antioxidants, nutraceutical supplements, optimal nutrition and drug therapy will prevent and treat hypertension and its sequelae while addressing global cardiovascular risk, vascular biology, endothelial dysfunction and overall vascular health.

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