

Could an Orange a Day Keep BP Down?

A new observational study has found that plasma vitamin-C concentrations were inversely associated with blood pressure in young women [1]. The results suggest that this nutrient may favorably influence blood pressure in healthy young adults.

These findings were reported in the *Nutrition Journal*. Many of these young women were already obese, and this is pertinent to the subsequent development of frank hypertension. Young people should thus be encouraged to eat healthier diets, particularly more fruit and vegetables. In humans, the cardiovascular effects of vitamin C have been disappointing. Nevertheless, The study certainly is provocative in that it documents an inverse correlation between blood pressure and vitamin-C levels in young women. Clearly, this is an observational study and may at best serve to generate a hypothesis that could be tested in a prospective trial.

However, any extrapolation from these observations to the use of vitamin C as a therapeutic agent in hypertensive cardiovascular disease is a non sequitur and should be considered scientific hogwash.

1. Block G, Jensen CD, Norkus EP, et al. Vitamin C in plasma is inversely related to blood pressure and change in blood pressure during the previous year in young black and white women. *Nutrition J* 2008; DOI: 10.1186/1475-2891-7-35. Available at: <http://www.nutritionj.com>. [Abstract](#)