Hemp Seed Protein Lowers Blood Pressure (NEW STUDY) Transcript

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Study setup and participants

Can Hemp Seed Protein Lower Blood Pressure? Here's a really interesting new study on the topic.

Hemp seed protein blood pressure results

They included 35 adults with mildly elevated blood pressure and randomized them to 50 grams of casein, which is a milk protein, 50 g of hemp seed protein or 45 g hempseed protein with 5 g bioactive peptides which are essentially pre-digested proteins which may exert additional blood-pressure lowering effects.

They consumed the protein in smoothies every day for six weeks before taking a two-week break and then switching to one of the other interventions until they had done all three.

And during the study, the participants did not know which protein they were getting during each phase. The participants also have their 24 hour blood pressure monitored at the beginning of the study and then after each six week period.

Compared to casein, the hemp seed protein dropped their systolic blood-pressure which is the higher number by 3.5 points and their diastolic pressure which was the lower number, by 2.9 points.

But the Hemp Seed Protein mixed with the bioactive peptides dropped the systoly blood pressures by 8.90 and the diatolic by 5.8 compared to Casein.

Mechanisms and conclusion

And the reductions in blood were most impressive in people who weren't already taking blood They also found that both hempseed interventions led to lower levels of angiotensin converting enzyme, or ACE as it's known, and renin, which are both targets of certain blood pressure lowering medications.

But that's not to say that hemp seed protein was as powerful as some medications And finally, the hemp seeds protein interventions also raised nitric oxide levels which can help arteries open up, therefore lowering blood pressures as well.

Therefore, the authors conclude that including some hemp seed protein in the diet may potentially play a role in helping to manage mildly elevated blood pressure amongst adults.