

Previously featured studies:

Beetroot Juice in Hypertension

High blood pressure leads to damaging changes in the heart and blood vessels. Beetroot juice contains dietary nitrate (a naturally occurring compound) which from our previous research has been shown to lower blood pressure. We now wish to determine whether it might improve the structural changes of the heart and blood vessels in people with high blood pressure. We will give 70ml of beetroot juice (the size of a small yoghurt drink) once a day for 4 months with detailed blood pressure tests and heart scans before and after drinking the juice.

If you have the below you may be eligible to participate in our study:

- Aged 18 to 80 years
- Be on 1 or more medications for high blood pressure
- Do not have diabetes

The principal investigator is Professor Amrita Ahluwalia, Professor of Vascular Pharmacology, whose research has helped pioneer the field of dietary nitrate for many years. Professor Ahluwalia is also the Co-Director of the William Harvey Research Institute at Barts and The London School of Medicine and Dentistry.

All study visits are carried out at Barts Heart Centre and at our research centre, The William Harvey Heart Centre in Central London. Time and travel costs will be compensated.

Find out more

For more information, please contact Dr Clement Lau, Cardiology Registrar:
beetrootstudy@qmul.ac.uk or call 020 7882 8931.

