

Low calorie cranberry juice lowers blood pressure in healthy adults

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Regularly drinking low-calorie cranberry juice may help get your blood pressure under control, according to new findings presented at the American Heart Association's High Blood Pressure Research 2012 Scientific Sessions.

In a study that measured the effects of drinking low-calorie cranberry juice, participants drank either low-calorie juice or a placebo drink every day for eight weeks as part of a controlled diet.

Blood pressure was measured at the beginning, mid-point and end of the study. After eight weeks, blood pressure values had significantly dropped from an average of 121/73 mmHg to 118/70 mmHg for those drinking the low-calorie cranberry juice. The [placebo group](#) showed no change.

Researchers note that cranberry juice is rich in antioxidants—naturally occurring molecules in fruit, tea, wine and other foods—which have been associated with [lower blood pressure](#) in other studies.

Provided by American Heart Association

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