

**SUPPLEMENTATION WITH FRENCH MARITIME
PINE BARK EXTRACT TO LOWER BLOOD
PRESSURE IN PATIENTS WITH
PREHYPERTENSION**

EUGENE SOH CHIEN CH'NG

1001130441

**MASTER OF SCIENCE (ANTI-AGING,
REGENERATIVE MEDICINE AND MEDICAL
AESTHETIC)**

FACULTY OF MEDICINE AND HEALTH SCIENCES

UCSI UNIVERSITY

2014

ABSTRACT

French maritime pine bark extract (PBE) has been used as a health supplement in the treatment of hypertension. However, the results of its efficacy from previous published papers are inconclusive. We conducted a retrospective case series study on the efficacy of PBE in lowering blood pressure in patients with prehypertension, as well as documented any side effects. The medical records of all prehypertensive patients who started taking PBE supplements from January till March 2013 were reviewed. The blood pressure before treatment and after two months treatment was compared, and the difference in readings was analysed. Any reported side effects were also noted. We found that 40% of subjects had 4mmHg reduction in systolic blood pressure, while 20% of subjects had 4mmHg reduction in diastolic blood pressure. There was also a total reduction in mean systolic blood pressure as much as 2.0mmHg and total reduction in mean diastolic pressure as much as 1.2mmHg. There were no adverse effects reported after taking the supplement. In conclusion, French maritime pine bark extract is a safe and beneficial supplement to help reduce blood pressure in patients with prehypertension.

UCSI UNIVERSITY LIBRARY