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## Dietary Nitrate and Hypertension

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### Abstract

According to current therapeutic approaches, a nitrate-dietary supplementation with beetroot juice (BRJ) is postulated as a nutritional strategy that might help to control arterial blood pressure in healthy subjects, pre-hypertensive population, and even patients diagnosed and treated with drugs. This easily found and cheap dietary intervention could significantly decrease the risk of suffering cardiovascular events and, in doing so, would help to diminish the mortality rate associated to this pathology. Hence, BRJ supplementation should be promoted as a key component of a healthy lifestyle to control blood pressure in healthy and hypertensive individuals. However, several factors related to BRJ intake (e.g., gender, secondary metabolites present in *B. vulgaris*, etc.) should be studied more deeply

### Biography

Estevan M, is a professor of Biochemistry and Metabolism, with a master's degree in Human Metabolism graduated from the University of Zulia in both careers, dedicating himself to the study of obesity from Molecular Biology and eating habits, focusing on physical activity not only as a method to achieve body aesthetics if not as the alternative that helps reduce the risks of chronic non-communicable diseases and improve the quality of life of people who suffer from it. At 26, Estevan was awarded the position of Ordinary Part-time Professor of the Biochemistry Department of the School of Nutrition and Dietetics of the University of Zulia

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