

BUBBIE'S

Did You Know...

HERBAL FACT

Hibiscus Tea + Blood Pressure

A 2022 review of 13 randomized clinical trials with 1,205 participants found that *Hibiscus sabdariffa* significantly lowered blood pressure versus placebo in adults with mild-to-moderate hypertension.

Average reduction versus placebo

6.67 mm Hg systolic • 4.35 mm Hg diastolic

Promising - not a replacement

Hibiscus was not superior to blood-pressure medicine, and long-term studies are still needed.

Do not stop prescribed medicine. Hibiscus may further lower blood pressure; ask a healthcare professional before frequent use with blood-pressure or diabetes medicine.

SUPPORTING EVIDENCE

Abdelmonem et al., *J Cardiovasc Pharmacol* (2022)
pubmed.ncbi.nlm.nih.gov/34694241

SUPPORTING RECIPE

Bubbie's Berry-Orange Hibiscus Tea

INGREDIENTS

- 4 cups water
- 1/4 cup dried hibiscus calyces
- 1 cup mixed berries
- 1 orange, thinly sliced
- 1 cinnamon stick
- 1-2 tbsp honey, optional
- Ice

Naturally tart - adjust sweetener
to taste. Serves 4.

DIRECTIONS

Bring 2 cups water to a boil; remove from heat. Add hibiscus and cinnamon; steep 10 minutes. Strain. Stir in 2 cups cold water. Add berries and orange. Chill for 1 hour. Serve over ice and sweeten if desired.

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