



Effect of short-term garlic supplementation and aerobic activity on changes in blood pressure and fatigue in men

Poster Presentation

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Abstract

Introduction: People with hypertension have the highest risk factor for cardiovascular disease (CAD). Garlic has medicinal properties for inflammation and blood pressure. The aim of this study was to evaluate the effect of short-term garlic supplementation on changes in systolic and diastolic blood pressure and fatigue following a period of strenuous exercise in inactive men with hypertensive characteristics.

Methods: Twenty non-athlete men with hypertension were randomly divided into the supplement and placebo groups. Subjects in both groups first performed a 10-minute treadmill test. The garlic supplement group was then given 500 mg capsules, and the other placebo group was given 500 mg glucose capsules and asked to take the capsules for 14 days in two meals, morning and night. The subjects performed the running test again on the fourteenth day with 75% of the maximum beat on the treadmill. Heart rate and blood pressure of systole and diastole were measured before the test and also every 30 minutes for 24 hours. To analyze the data from independent t-test and one-way variance with repeated measures of the findings at a significant level in all tests was considered $p < 0.05$.

Results: The findings of the present study show that short-term consumption of garlic seems to have a significant effect on lowering blood pressure and fatigue in non-athletes.

Conclusion: The results showed that there was no significant difference between the mean blood pressure and duration of activity in the subjects before the supplement and placebo ($p = 0.91$) but after taking garlic and placebo for 14 days. Systolic blood pressure was lower at the end of the activity, and the duration of activity was longer.

Keywords

Non-athlete men; blood pressure; garlic; athletic performance

Reference:

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