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Magnesium Lowers Blood Pressure – New Evidence Strengthens the Role of This Biofactor

Current research once again confirms that magnesium can effectively contribute to lowering blood pressure and supporting cardiovascular health. Three high-quality publications from 2025 demonstrate significant positive effects, both in individual clinical studies and in a large meta-analysis.

Magnesium and Blood Pressure: New Study Data[1]

A recent double-blind, controlled, prospective study by Kisters et al. (May 2025) investigated the effects of the biofactor magnesium on blood pressure and lipid parameters in older adults with metabolic syndrome. Over a period of 12 weeks, participants received supplementation with 400–500 mg of organically bound magnesium. The results showed:

- a significant reduction in systolic and diastolic blood pressure compared with placebo
- a significant reduction in serum triglyceride levels

The researchers led by Prof. Klaus Kisters, Deputy Chairman of the Society for Biofactors (Gesellschaft für Biofaktoren e. V.), conclude: “In older individuals with metabolic syndrome, additive supplementation with 400–500 mg of organic magnesium may be beneficial for blood pressure and triglycerides, thereby improving quality of life and life expectancy. According to the most recent European recommendations, the normal range for serum magnesium should be at least 0.85 mmol/L.”

These data underscore that magnesium offers real benefits as a practical and safe adjunct to lifestyle interventions and pharmacological therapies for people with hypertension.

Targeted Supplementation in Hypertension[2]

Another randomized, double-blind, placebo-controlled study from 2025 examined the effects of 200 mg of magnesium per day over 12 weeks in adults with hypertension. This study also demonstrated a significant decrease in systolic and diastolic blood pressure, along with a moderate increase in serum magnesium levels.

These findings further support the evidence that magnesium can be used in a targeted manner to support blood pressure regulation.

Magnesium and Cardiovascular Health: Evidence from a Meta-analysis[3]

A recent meta-analysis summarized 38 randomized controlled trials involving more than 2,700 participants. The results clearly show:

- An average daily magnesium intake of approximately 365 mg over 12 weeks significantly lowers both systolic and diastolic blood pressure.
- Individuals with hypertension or low blood magnesium levels benefit particularly strongly.

Conclusion:
This meta-analysis confirms the findings of individual studies and highlights that magnesium is not only an essential biofactor, but can also be used in practice for blood pressure regulation and cardiovascular prevention.

References:

[1] Kisters K et al.: MAGNESIUM SUPPLEMENTATION IMPROVES BLOOD PRESSURE AND LIPID PROFILE IN METABOLIC SYNDROME IN ELDERLY. J Hypertens 2025 May; 43(1): e188

[2] Niminesh BS et al.: The Efficacy of Magnesium Supplementation in Managing Hypertension: A Randomized Controlled Study. Int J Life Sci Biotechnol Pharma Res 2025; 14(8): 15-17

[3] Argeros Z et al.: Magnesium Supplementation and Blood Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Hypertension 2025 Nov; 82(11): 1844-1856