

## Re: Compound in Onion Can Reduce Blood Pressure in Hypertensive Individuals

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- *From:* [trigonometry1972@xxxxxxxxxx](mailto:trigonometry1972@xxxxxxxxxx)
  - *Date:* Wed, 31 Oct 2007 11:40:55 -0700
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On Oct 31, 5:11 am, dorsy1943 <dtm...@xxxxxxxxxxxxxxxx> wrote:

Darn. I would not take any unregulated, non standardized supplement because time after time, it has been shown that taking one substance out of the food matrix often causes more harm than good (like beta carotene and vitamin E). Campbell points this out in the China Study. I believe he calls it reductionism.  
Dolores

While reductionism has its problems, it also has some merits provided it isn't the only approach.  
I'll also point out the bulk of beta carotene on the market is all trans beta carotene which is rather unlike much of the mixture of trans and cis beta carotene found in veggies. And large share of vitamin E is a synthetic mixture of chemical in which only one molecule in 8 is in one of the natural forms. Still there are better carotenoid supplements on the market as are there the better types of vitamin E supplements such as rrr-alpha tocopheryl succinate and high gamma mixed tocopherols. There is evidence if you take extra E, a person should make greater efforts to eat more vitamin K or take a vitamin K supplement. As I weigh the evidence, I have made the judgement that aforementioned vitamin E forms have merits and I take them along with several forms of vitamin K. On the other hand, I depend on food for my carotenoids though I do take smaller dose of preformed vitamin A that averages around 2000 to 3000 IU per day. And this year I am taking 5000 IU of cholecalciferol for the fall and winter

I'll point out food fortification programs are as a practical matter even less regulated. You likely have a high school dropout adding the vitamin additive to the given food product only when he isn't too stoned or the boss is looking or he maybe adding

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too much because the floor supervisor is too busy playing cards to do employee training.

Trust me, when I tell most everthing you eat isn't all that regulated as a practical matter. You can be sure you've eaten banned pesticides at times.

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