

Barton Journal

Understanding the Effects of Hawthorn Berry on Antihypertensive Pharmacology

CONFERENCE ABSTRACT

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CITATION

Dupree, Layton; & Mazuroski, Nicole L. (2026). Understanding the effects of hawthorn berry on antihypertensive pharmacology [Conference abstract]. *Barton Journal*, 1(1), 221–222. <https://bartonjournal.org/vol-1-no-1/2026-cat4-article-no-051>



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Abstract

Hypertension is one of the most prevalent and dangerous cardiovascular risk factors, and is often mitigated through long-term pharmacological management. This disease is often treated through pharmacological methods, due to the fact that there is no true cure for hypertension currently available. One of the drugs used for hypertension is called Amlodipine, an antihypertensive drug that is a calcium channel blocker (CCB). Amlodipine increases vasodilation which reduces blood pressure. Hawthorn berry is a naturally occurring plant that also increases vasodilation through its active ingredient, oligomeric procyanidins. Using these together could benefit the patient in multiple ways. With both of these affecting vasodilation, a possible lower dose of amlodipine could be used in conjunction with the hawthorn berry. The aim of this experiment was to find a dosing system that combines normal antihypertensive drugs and Hawthorn berry to lessen the effects of hypertension on the body; specifically, finding a safe threshold for hawthorn berry to be used in conjunction with amlodipine. It is believed that with proper dosing and drug management, hawthorn berry can be taken

alongside other drugs. This research will be beneficial to polypharmacy patients, as it the lower a antihypertensive drug dose.

Keywords: hypertension, hawthorn berry, oligomeric procyanidins