<https://seedsofwisdomteam.com/>

**HAWTHORN BERRIES**

 May lower blood pressure Another study in 79 people with type 2 diabetes and high blood pressure observed that those who took 1,200 mg of hawthorn extract daily had greater improvements in blood pressure than those in the placebo group 

[15 Unbelievable Benefits of Hawthorn Berry That Will Leave You Shocked (healthspectra.com)](https://www.healthspectra.com/hawthorn-berries/)