

Benefits of beetroot juice

Nutrients

Each cup of raw beetroot juice, or 136 grams, contains 58.5 calories, in addition to being rich in important elements and vitamins, most notably: Vitamin C - Iron - Potassium - Folic acid - Fiber - Carbohydrates



Beetroot juice is one of the most nutritious juices with many benefits for the body and health, as it contains many vitamins, minerals, antioxidants, in addition to unique biologically active compounds called betalains.

Warnings of drinking beetroot juice

In most cases, people can safely consume beetroot juice without experiencing any negative side effects. However, there are some warnings and precautions to consider, including:

Urine and stool turning pink or purple, a condition called beeturia, and is caused by the natural pigments in beets. It is a temporary and harmless condition.

Blood pressure dropping below the healthy level, as a result of drinking beetroot juice, which works to lower blood pressure, along with blood pressure-lowering medications.

Therefore, patients with high blood pressure are advised to monitor their blood pressure carefully in this case.

Kidney stones, especially in people at risk, because beetroot juice contains high levels of oxalates, which are substances that form crystals in urine and may lead to the formation of kidney stones.

Beetroot juice allergy, which causes nasal congestion.

Beetroot juice for high blood pressure patients

Beetroot juice contains nitrates that convert to nitric acid in the blood, which helps in expanding blood vessels and reducing diastolic and systolic blood pressure. A study published in 2014 showed that drinking 250 ml of beetroot juice daily for 4 weeks helps in lowering blood pressure in people with high blood pressure. The researchers also found an improvement in the function of the inner lining of the blood vessels.

Beetroot juice for heart patients

Beetroot juice helps maintain heart health by improving the heart muscle, as it contains a good percentage of nitrates and magnesium. The results of a study published in the Journal of the American Heart Association in 2015 indicate additional benefits from nitrates in beetroot juice, as the study showed that people suffering from heart failure had increased strength and performance of their knee muscles by 13% after two hours of drinking beetroot juice.

Beetroot juice for high cholesterol

Patients with high cholesterol can add beetroot juice to their diet. A 2011 study on mice found that beetroot extract reduced total cholesterol and triglycerides, and increased good cholesterol. This benefit of beetroot juice is believed to be due to the flavonoids contained in beetroot juice.

Beetroot juice for cancer

Beetroot juice contains betalains, which are antioxidants that can help hunt down harmful free radicals and find and destroy unstable cells in the body. Beetroot juice also has anti-inflammatory properties that can reduce the risk of cancer.

Beetroot juice for anemia

One of the benefits of beetroot juice, which is rich in iron, is that it contributes to treating anemia and preventing the risk of developing it, as iron is essential for the formation and integrity of red blood cells, and without iron, red blood cells cannot transport oxygen throughout the body.

