Supporting Information to:

Clinical Effects Produced by a Standardized Herbal Medicinal Product of *Hibiscus sabdariffa* on Patients with Hypertension. A Randomized, Double-blind, Lisinopril-Controlled Clinical Trial

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**Table S1** Basal characteristics of the population under study. Values are means (m) ± standard deviation (SD)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Total population (n = 193)</th>
<th>H. sabdariffa (n = 100)</th>
<th>Lisinopril (n = 93)</th>
<th>ANOVA p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>m</td>
<td>SD</td>
<td>m</td>
<td>SD</td>
</tr>
<tr>
<td>Age (years)</td>
<td>45.45</td>
<td>8.80</td>
<td>45.61</td>
<td>9.26</td>
</tr>
<tr>
<td>HT Time evolution (months)</td>
<td>27.13</td>
<td>56.37</td>
<td>22.43</td>
<td>44.68</td>
</tr>
<tr>
<td>Time without treatment</td>
<td>4.11</td>
<td>15.26</td>
<td>3.36</td>
<td>8.37</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>159.33</td>
<td>9.53</td>
<td>159.43</td>
<td>9.46</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>78.26</td>
<td>15.66</td>
<td>77.42</td>
<td>14.56</td>
</tr>
<tr>
<td>BMI (kg/m²)</td>
<td>30.74</td>
<td>5.04</td>
<td>30.47</td>
<td>5.01</td>
</tr>
<tr>
<td>SBP (mmHg)</td>
<td>146.04</td>
<td>8.10</td>
<td>146.38</td>
<td>8.15</td>
</tr>
<tr>
<td>DBP (mmHg)</td>
<td>97.73</td>
<td>3.38</td>
<td>97.73</td>
<td>3.35</td>
</tr>
<tr>
<td>Pulse (beats/min)</td>
<td>73.03</td>
<td>6.53</td>
<td>72.59</td>
<td>6.49</td>
</tr>
</tbody>
</table>

**Table S2** General description of the population under study. Values are frequencies (f) and percentages

<table>
<thead>
<tr>
<th>Variable</th>
<th>Total population (n = 193)</th>
<th>H. sabdariffa (n = 100)</th>
<th>Lisinopril (n = 93)</th>
<th>χ²</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>f</td>
<td>%</td>
<td>p</td>
<td>f</td>
</tr>
<tr>
<td>Sex</td>
<td>0.72</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masculine</td>
<td>64</td>
<td>33.16</td>
<td>32</td>
<td>32.00</td>
</tr>
<tr>
<td>Feminine</td>
<td>129</td>
<td>66.84</td>
<td>68</td>
<td>68.00</td>
</tr>
<tr>
<td>Alcoholism</td>
<td>0.36</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative</td>
<td>148</td>
<td>76.68</td>
<td>74</td>
<td>74.00</td>
</tr>
<tr>
<td>Positive</td>
<td>45</td>
<td>23.32</td>
<td>26</td>
<td>26.00</td>
</tr>
<tr>
<td>Smoking</td>
<td>0.87</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative</td>
<td>161</td>
<td>83.42</td>
<td>83</td>
<td>83.00</td>
</tr>
<tr>
<td>Positive</td>
<td>32</td>
<td>16.58</td>
<td>17</td>
<td>17.00</td>
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<tr>
<td>Exercise</td>
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<td></td>
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</tr>
<tr>
<td>Negative</td>
<td>143</td>
<td>74.09</td>
<td>70</td>
<td>70.00</td>
</tr>
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</table>
### Diabetes mellitus

<table>
<thead>
<tr>
<th></th>
<th>Total population</th>
<th>H. sabdariffa</th>
<th>Lisinopril</th>
<th>( \chi^2 )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive</td>
<td>50</td>
<td>25.91</td>
<td>30</td>
<td>20</td>
</tr>
<tr>
<td>Negative</td>
<td>184</td>
<td>95.34</td>
<td>93</td>
<td>91</td>
</tr>
<tr>
<td>Positive</td>
<td>9</td>
<td>4.66</td>
<td>7</td>
<td>2</td>
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</table>

### Body Constitution

<table>
<thead>
<tr>
<th></th>
<th>Total population</th>
<th>H. sabdariffa</th>
<th>Lisinopril</th>
<th>( \chi^2 )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>20</td>
<td>10.36</td>
<td>12</td>
<td>8</td>
</tr>
<tr>
<td>Overweight</td>
<td>74</td>
<td>38.34</td>
<td>41</td>
<td>33</td>
</tr>
<tr>
<td>Obese</td>
<td>99</td>
<td>51.30</td>
<td>47</td>
<td>52</td>
</tr>
</tbody>
</table>

### Menopause

<table>
<thead>
<tr>
<th></th>
<th>Total population</th>
<th>H. sabdariffa</th>
<th>Lisinopril</th>
<th>( \chi^2 )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative</td>
<td>64</td>
<td>49.61</td>
<td>32</td>
<td>32</td>
</tr>
<tr>
<td>Positive</td>
<td>65</td>
<td>50.39</td>
<td>36</td>
<td>29</td>
</tr>
</tbody>
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Table S3 General description of population under study, HT-associated variables. Values are frequencies (f) and percentages.