

Anti-Hypertensive Efficacy of Amlodipine Dosing During Morning Versus Evening: A Meta-Analysis.

Luo Y, et al. Rev Cardiovasc Med. 2019 Jun 30; 20(2):91-98.

- A meta-analysis was performed to compare the antihypertensive efficacy of morning and evening dosing. A total of 19 randomized control trials and 1215 participants were included in this meta-analysis.
- Administration time of amlodipine did not affect the office blood pressure, daytime blood pressure, 24 h mean blood pressure, or heart rate.
- Administration of amlodipine in the evening could significantly reduce the nighttime blood pressure, increased non-dipper alteration, and contained better anti-hypertension efficacy.

For patients with hypertension, especially for non-dipper hypertension, taking amlodipine in the evening will be more beneficial.