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Natrava Gummies vs SuperBeets Heart Chews: Which Is Better for Heart Health?

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If you have narrowed your beet supplement to two names, this Natrava vs SuperBeets comparison settles it. Both are chewable beet products built to support healthy blood pressure and circulation through nitric oxide, but they make different trade-offs on ingredients, transparency, taste, and sugar. Natrava BEETS+ Gummies lead on dosage transparency, while SuperBeets Heart Chews win for anyone who needs zero sugar.

This head-to-head covers ingredients, dosages, taste, sugar, and testing so you can buy with confidence, whether you are new to beet gummies or switching brands.

Natrava vs SuperBeets: Quick Comparison

Here is the fast version: how the two beet chews stack up on what shoppers actually compare. Both support circulation and healthy blood pressure, so the decision comes down to formula, sugar, and transparency. The full breakdown follows the table.

Feature	Natrava BEETS+ Gummies	SuperBeets Heart Chews
Beet source	350 mg beet root extract (20:1)	500 mg beet root powder
Grape seed	11.5 mg (13:1, ~150 mg equivalent)	150 mg
Third ingredient	45 mg Vitamin C	Magnesium
Added sugar	2 g	Zero (Zero Sugar variant)
Serving	2 gummies (25 servings per bag)	2 chews
Price (subscribe)	\$34.95/month	\$35.96/month
Testing	Third-party tested, full dosage disclosure	Third-party tested, named clinical study

Natrava at a glance

Natrava BEETS+ Gummies keep a focused three-ingredient formula with every dose published. They run slightly cheaper on subscription and lead on transparency. The trade-off is 2 grams of added sugar per serving.

SuperBeets Heart Chews at a glance

SuperBeets Heart Chews from HumanN are the bigger, more established name, and the Zero Sugar variant carries no sugar at all. They pair 500 mg of beet root powder with 150 mg of grape seed

extract. The brand also cites its own clinical study, which we cover below.

Ingredient Comparison: Beet Root, Grape Seed, & Vitamins

Both products share the same engine, beet-derived nitrate plus grape seed extract, but the forms and the third ingredient differ. That is where the formulas split. The detail matters more than the marketing.

Natrava: beet root extract, grape seed extract, vitamin C

Natrava uses 350 mg of a concentrated 20:1 beet root extract, derived from 7,000 mg of whole beet root. Its grape seed extract is listed as 11.5 mg of a 13:1 extract, equal to 150 mg of grape seed extract, which aligns with clinically studied levels. It rounds out the formula with 45 mg of vitamin C for antioxidant support.

SuperBeets: beet root powder, grape seed extract, magnesium

SuperBeets uses 500 mg of beet root powder rather than a concentrated extract, plus 150 mg of grape seed extract, the same clinically studied level Healthline ties to blood-pressure support. Its third ingredient is magnesium instead of vitamin C. Both deliver comparable grape seed, so the real difference is the beet form and that third ingredient.

Formula Transparency and Third-Party Testing

Transparency is where Natrava draws its clearest line. Both brands test their products, but they show their work differently. For a daily heart supplement, knowing exactly what you take matters.

Natrava's full ingredient dosage disclosure

Natrava publishes a **full ingredient dosage disclosure**, so every milligram is on the label rather than hidden in a proprietary blend. That openness lets you confirm the grape seed and beet doses yourself. For shoppers who read labels closely, it is a real advantage.

Published third-party testing for purity and potency

Natrava also publishes its **third-party testing for purity and potency**. SuperBeets is third-party tested, too, and it leans on a named clinical study for its grape seed claim. Both clear the testing bar; Natrava simply makes its exact numbers easier to verify.

Blood Pressure and Circulation Support Compared

Both chews aim at the same outcome: supporting healthy blood pressure and circulation. They do it through nitric oxide, the molecule that helps blood vessels relax. Here is how each makes its case.

How each supports healthy blood pressure

Natrava BEETS+ Gummies pair organic beet root nitrates with grape seed extract and vitamin C. Beet nitrates boost nitric oxide, while grape seed adds antioxidant support for circulation, helping maintain healthy blood pressure already within the normal range. The **American Heart Association** notes that healthy blood pressure protects the heart in the long term. SuperBeets uses the same clinically studied grape seed level.

How each supports nitric oxide and circulation

Both products supply dietary nitrate that the body converts into nitric oxide, which widens blood vessels and supports circulation, as Men's Health explains. Natrava's concentrated extract and SuperBeets' beet powder both feed that pathway. Day-to-day, the circulation support is comparable.

Taste and Sugar Content Compared

Taste decides whether you stick with a daily chew, and sugar decides whether it fits your diet. This is the category where the two diverge most. It may be the tiebreaker for you.

Natrava cherry-berry vs SuperBeets pomegranate

Natrava's gummies use a cherry-berry flavor that is easy to take daily, with 15 calories per serving. SuperBeets Heart Chews lean on a pomegranate-berry profile. Both avoid the earthy taste that makes raw beet powder hard to swallow.



2g added sugar vs zero sugar

Here, SuperBeets has the edge: its Zero Sugar variant contains no added sugar, while Natrava's gummies carry 2 grams per serving. For most people, that 2 grams is trivial, but if you track every gram, SuperBeets Zero Sugar is the cleaner pick.

Natrava and SuperBeets Pros and Cons

Neither chew is perfect, so here is the honest ledger for each before you decide. We weighed formula breadth, transparency, taste, and price together, because a daily heart health supplement has to earn its place on all four. Independent supplement guides like Examine stress-match each dose to clinically studied levels, which both brands set out to do.

Natrava BEETS+ Gummies

- Pros: Full per-dose transparency, a concentrated 350 mg 20:1 beet root extract, the clinically studied 150 mg grape seed level, an easy cherry-berry taste, and a slightly lower subscription price.
- Cons: Limited flavor options.

SuperBeets Heart Chews

- Pros: A zero-sugar variant, 500 mg of beet root powder, and a named clinical study behind its grape seed claim.
- Cons: It uses a proprietary-style presentation rather than Natrava's full per-dose disclosure, and it costs slightly more on subscription.

Final Verdict: Which One Should You Buy?

Both are solid heart-health chews, so the right pick depends on what you value most. The formulas are close to science and diverge on sugar and transparency. Here is the simple rule.

Choose Natrava if you want a transparent, focused beet formula

If you read labels and want every dose disclosed, Natrava is the pick. You get a concentrated beet extract, the clinically studied grape seed extract, and published testing at a slightly lower subscription price. The only catch is the 2 grams of added sugar.

Choose SuperBeets if zero sugar is non-negotiable

If zero sugar is a hard rule, SuperBeets Heart Chews Zero Sugar is the obvious choice. You also get an established brand and a named clinical study. You trade away Natrava's full per-dose transparency to get there.

FAQs: Natrava vs SuperBeets

Is Natrava better than SuperBeets for blood pressure?

Both support healthy blood pressure through beet nitrate and the same clinically studied 150 mg grape seed level, a pathway the Cleveland Clinic ties to nitric oxide and circulation. Natrava discloses every dose, while SuperBeets cites a named study. For most shoppers, the blood-pressure support is comparable, so the choice comes down to sugar and transparency.

Which has better ingredients, Natrava or SuperBeets?

It depends on what you weigh. Natrava uses a concentrated 20:1 beet extract plus vitamin C, while SuperBeets uses 500 mg beet powder plus magnesium. Both deliver a comparable grape seed dose, so neither is simply better; they are built for slightly different priorities.

Are Natrava gummies worth the price over SuperBeets?

Natrava is actually a touch cheaper on subscription, at \$34.95 a month versus \$35.96 for SuperBeets. For that price, you get full dosage transparency and a concentrated extract. If sugar is not a dealbreaker, Natrava is a strong value.

Try Natrava BEETS+ Gummies for a Transparent Heart Formula

For a beet chew that shows every dose and matches the clinically studied grape seed level, Natrava is the transparent pick in this matchup. It supports healthy blood pressure and circulation in a cherry-berry gummy you will actually keep taking, which is half the battle with any daily supplement. SuperBeets remains the right call if zero sugar is non-negotiable for you, and it is a fair choice for sugar-free shoppers.

Ready to choose transparency over guesswork? Try [Natrava BEETS+ Gummies](#) and see the full formula for yourself before you commit to a daily routine.

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