

VASCULAR ADVANTAGE

Supporting Nitric Oxide Production

The Molecule for Life: Nitric Oxide

What is nitric oxide? Despite what some people think, it's not laughing gas from the dentist, and it's not rocket fuel for an engine. It's a molecule critical for all functions in the human body. More than 60,000 studies have been done on nitric oxide over the last two decades, and it was named "Molecule of the Year" in 1992.

Nitric Oxide: The "Vasodilator"

Nitric oxide is a regulator and signaler for physiologic and pathologic functions in the body. It is known as a "vasodilator," which supports the dilation of arteries, aiding in blood pressure function by decreasing the force the heart muscle must exert to pump blood.* It also helps with sending information between nerve cells and the brain.* It supports the functions of smell, sleep, and immune resiliency.* Nitric oxide is shown to support digestion as well as the overall function of organs, especially the liver.* It has been shown to support endurance and strength.*

Can Support Many Areas of the Body

The Heart: Most people are aware of nitric oxide for its support for the heart. It works because nitroglycerin acts by releasing nitric oxide which relaxes blood vessels narrowed by the build up of plaque, thereby supporting oxygen and blood flow.

Male Performance: Viagra and other male performance products work through the nitric oxide pathway. Arteries send blood to the sexual organs. Nitric oxide supports proper blood flow and sexual activity.*

Athletics and Body-Building: Athletes and bodybuilders are using supplements with L-arginine and L-citrulline which help encourage nitric oxide production and support the flow of blood and oxygen to their muscles. Since arginine levels become depleted during exercise, supplements can help support the normal "nitric oxide – amino acid loop," assisting with workouts and recovery, and also addressing the excess buildup of lactic acid.*

Increasing Nitric Oxide: As we age, our blood vessels and nitric oxide system become less efficient due to free radi-

cal damage, inactivity, and poor diet. We need to work harder to augment the levels of nitric oxide in our bodies.

Regular exercise is an effective way to increase nitric oxide. As the heart pumps to provide the muscles with blood, the lining in your arteries releases nitric oxide into the blood, which then relaxes and widens the vessel wall, enabling more blood to pass through.

A diet containing the amino acids L-arginine and L-citrulline is another good way to support nitric oxide production. Nuts, fruits, meats and dairy containing L-arginine create nitric oxide and citrulline inside the body. Citrulline is then recycled back into arginine, producing even more nitric oxide. Supplements containing high quality L-arginine and L-citrulline are another good way to get these nutrients into your body. A diet high in antioxidants is also important. Since nitric oxide only lasts a short while in the body, the more antioxidant protection we provide, the more stable it will be and the longer it will last.*



Supplement Facts

Serving Size: 4 Level Scoops (12.8 grams)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	50	
Calories From Fat	0	
Total Fat	0	
Total Carbohydrate	2 g	<1%
Sugars	0 g	
Protein	10 g	20%
Vitamin C	500 mg	830%
L-Arginine	5500 mg	*
L-Citrulline	250 mg	*
A ⁴ Proprietary Blend	1200 mg	*
L-Isoleucine, L-Leucine, L-Valine, L-Ornithine, L-Proline, Gamma Oryzanol, Transferulic Acid		

* Daily Value not established.

Other Ingredients: Malic acid, natural flavor (mixed berry), chicory root extract, citric acid, ascorbic acid, silica (as silicon dioxide), stevia leaf extract.

Vitamin C

L-Arginine

L-Citrulline

A⁴ Complex