



# Nitric Oxide Support

INTRODUCED 2006

## What Is It?

Nitric Oxide Support is an arginine-based formulation designed to support healthy nitric oxide production, facilitate ammonia and lactate removal to moderate fatigue, support immune health, maintain acid-base balance and provide antioxidant protection. It is available in a lemon-lime flavored powder for convenient dosing.\*

## Uses For Nitric Oxide Support

**Nitric Oxide Production:** Arginine, a precursor of nitric oxide, supports healthy circulation by promoting endothelial function, blood vessel tone and healthy platelet function, as indicated in several randomized cross-over trials. L-Citrulline is a non-essential amino acid that is converted to arginine, enhancing nitric oxide production. Vitamin C has a dual role, helping to enhance nitric oxide bioavailability and activity as well as providing blood vessel endothelial antioxidant protection. This formula offers Krebs cycle intermediates in the form of alpha ketoglutarate and malate for additional energy support.\*

**Moderate Fatigue:** Arginine may protect muscles from oxidation and moderate lactate dehydrogenase activity during intense exercise. In one study, citrulline malate provided potential support for aerobic energy production and fatigue reduction. Double blind, placebo-controlled studies indicate that arginine and citrulline help to relieve muscle fatigue and maintain healthy acid-base balance, primarily by serving as intermediates in the urea cycle, which helps to eliminate ammonia.\*

**Growth Hormone Production:** Arginine plays a role in the synthesis of growth hormone, which may help support lean mass and muscle repair.\*

**Immune Health:** Research has suggested that arginine may support immune health, in part by facilitating nitric oxide use by immune cells and enhancing immune cell communication.\*

## What Is The Source?

Arginine alpha ketoglutarate (2:1) and citrulline malate are synthetic. Ascorbic acid (vitamin C) is derived from corn fermentation. Stevia is from the leaves of the botanical *stevia rebaudiana*. Xylitol is derived from corn. Lo Han extract is derived from the fruit of the botanical *momordica grosvenori*.

## Recommendations

Pure Encapsulations recommends 1 serving (1 scoop) per day, mixed with water, 20 minutes before exercise.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Because of its effect on nitric oxide production, L-arginine is best avoided by individuals with migraines, depression, autoimmune disorders, kidney or liver and the herpes virus. Until more is known, L-arginine should not be used by individuals who have experienced myocardial infarction (heart attack).

## Are There Any Potential Drug Interactions?

Arginine may be contraindicated with blood pressure medications. Consult your physician for more information.

### Nitric Oxide Support

#### one scoop (5.4 g) contains

I-arginine (from arginine alpha ketoglutarate (2:1))	2,050 mg
citrulline (from citrulline malate)	715 mg
vitamin C	200 mg
stevia	30 mg
other ingredients: xylitol, natural lemon-lime flavor, Lo Han (Momordica grosvenori fruit extract)	

servicing size: 5.4 g (1 scoop)

servings per container: 30

1 scoop per day, mixed with water, 20 minutes before exercise.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.