

BOB WEEKS



THE EXPERT'S
GUIDE TO
LOWER
BLOOD PRESSURE,
INCREASED ENERGY,
AND
SLOWER AGING





PREFACE



Bob Weeks

Every human body relies on a remarkable molecule known as Nitric Oxide (NO). This molecule is essential for healthy blood pressure and overall good cardiovascular health, our energy levels, and even our body's aging process. With the evolution of science and our understanding of how Nitric Oxide operates, we've now developed a product that can naturally and efficiently enhance and sustain the wonderful effects of NO production in the blood - the product is called *Nitric Oxide Plus*.

This guide is not just an introduction to this ground-breaking product; it is a deep dive into the wonders of the human body, the untapped potential of natural compounds, and the promise of a healthier, more vibrant future. As we journey together through these pages, you'll discover the meticulous research spanning over 30 years that birthed *Nitric Oxide Plus*, understand the unique synergy of its ingredients, and most importantly, unlock

the secrets to harnessing its benefits for a transformative health experience for YOU!

As you embark on this journey with *Nitric Oxide Plus*, remember that it's more than just a supplement. It's a commitment to better health, a promise of increased vitality, and a step towards a brighter, more energetic future.

Adopting a new health regimen can be both exciting and daunting. You know very well that making a real change in life requires commitment and perseverance. You need to have important reasons to really make changes stick and reap the ongoing benefits of those changes. Keep the reasons for improving your health in front of you - keep your mind clear on the “why” and perhaps even write them down and re-read them often.

*To your better health, increased vitality,
and a brighter, more energetic future...*

Bob Weeks

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INTRODUCTION

Unlocking the Power of Nitric Oxide: A Journey to Optimal Health!



Firstly, the *Nitric Oxide Plus* formula isn't just a blend of beneficial ingredients; it's a recipe refined by decades of research. This research, conducted by leading experts and world-renowned institutions, ensures that every

ingredient and its ratio is optimized for maximum benefit.

Because there is an intricate biological symphony performing within our bodies, each molecule, each cell plays a role.

Some are conductors, setting the pace; some are lead players, capturing attention; and some are silent heroes, harmonizing and balancing the performance. Among these, Nitric Oxide, “NO”, stands out as a silent maestro. Its influence, while not always in the spotlight, is pivotal in maintaining healthy blood pressure and overall good cardiovascular health, regulating our energy levels, and modulating the relentless hands of time that dictate the aging process.

Since, Nitric Oxide is so vital, we want to help it and its name to become more understood, more common, and a well known household name like so many other health buzzwords?

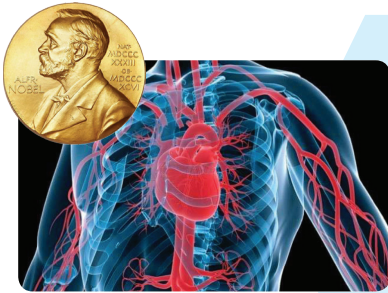
Our understanding of the Nitric Oxide molecule has evolved considerably over the past few decades. The inception of *Nitric Oxide Plus* wasn't an overnight success. It represents more than 30 years of rigorous research and trials. Top minds from world-renowned universities have poured their expertise into understanding Nitric Oxide's role and how best to supplement its natural production. Their unwavering commitment has birthed a product that stands unmatched in its category.

And, while the effects of Nitric Oxide have been essential to our well-being for millennia, our comprehension and ability to harness its benefits are relatively recent. Thanks to modern scientific advancements, we have reached a pinnacle: we can now formulate a product designed to not only complement our natural Nitric Oxide production but to amplify it! Everyone needs to know about and take advantage of the most powerful Nitric Oxide booster in the world today! Introducing *Nitric Oxide Plus*.

So, now, as we said earlier, let's take a deep dive into the wonders of the human body, the untapped potential of natural compounds, and the promise of a healthier, more vibrant future for YOU!

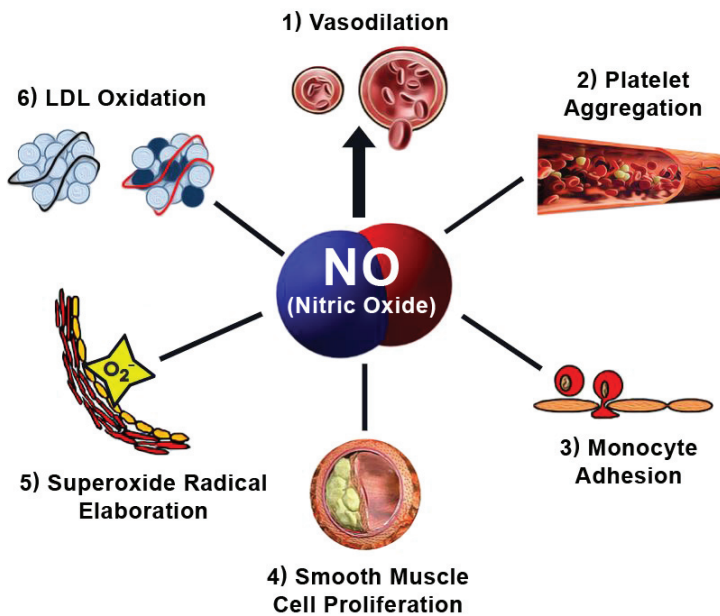
By the end of this guide, you will better understand the profound role Nitric Oxide plays in your life, and the immense potential that *Nitric Oxide Plus* holds for you - and your loved ones too! Let us embark on this enlightening journey to optimal health and well-being together.

Welcome to the future of wellness!



DISCOVERY: Nitric Oxide (NO) is created systemically by an organ in the body from L-Arginine, which is made from protein rich foods.

This scientific discovery received the 1998 Nobel Prize in Medicine due to the fact that NO is recognized as an extremely important contributor to good health and longevity.



Nitric Oxide - is an endogenous (produced by cells inside the organism such as the endothelium) protector of the vessel wall. Nitric Oxide is produced by the endothelium (inner wall of all your vessels) as a protector of the vessel walls. Nitric Oxide also is responsible to repair the problems of the vessels, which includes returning them to a supple state and preventing the build-up of plaque.

Vasodilation - Nitric Oxide increases the area of the vessel and as such increases the flow of blood to the crucial organs such as the heart.

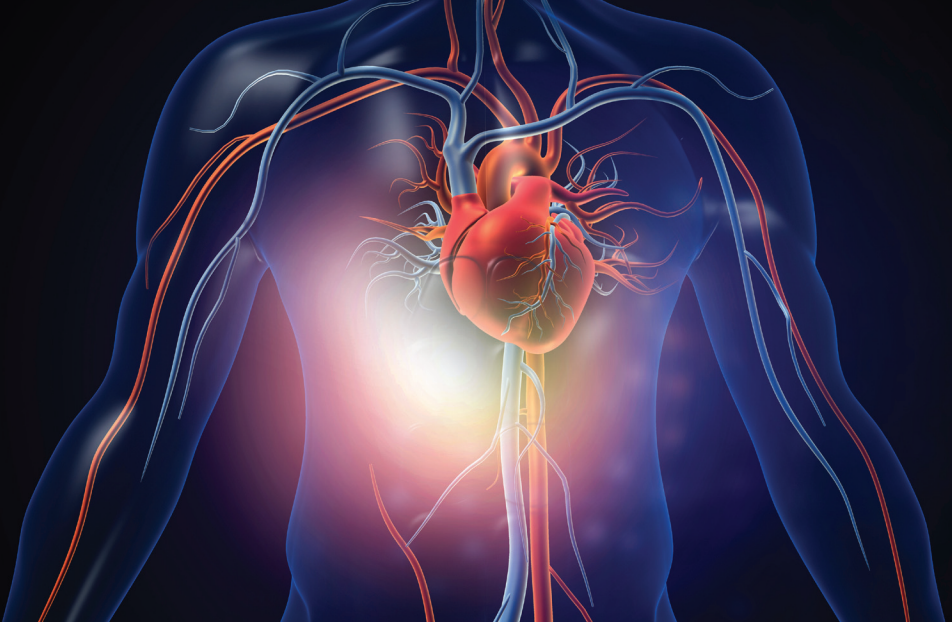
Platelet Aggregation - Nitric Oxide breaks up the aggregation (accumulation of blood platelets) and thereby keeps the vessel clean

Monocyte Adhesion - Nitric Oxide prevents monocyte adhesion. The monocyte is created in the bone marrow and enters the blood and migrates into connective tissue where it forms into a macrophage to cause inflammation. Thus, inflammation pushes the diseases of the heart and blood vessels to get worse with time – nitric oxide blocks inflammation by inhibiting monocyte adhesion and thereby stops the progression of cardiovascular disease.

Smooth muscle cell proliferation - Nitric Oxide blocks smooth muscle cell proliferation (growth). Proliferation of these cells makes the artery get narrower, so that less blood can flow to the organs. By reducing this mechanism, nitric oxide helps keep the arteries wide open.

Superoxide radical elaboration - Nitric Oxide protects against this process of damage to the body. Superoxide radicals contribute to the development of many diseases and to the aging process because of oxidative stress, which damages cells and organ function.

LDL Oxidation - Nitric Oxide reduces the oxidation of the bad cholesterol. Oxidation otherwise makes the bad cholesterol get even more aggressive in the blood vessels.



CHAPTER 1

Understanding Nitric Oxide and Its Significance

Every orchestra has a maestro, every story its protagonist, and every system its linchpin. In the expansive realm of molecular biology that exists within our bodies, Nitric Oxide takes center stage as one of the most pivotal molecules, even though its presence is subtle and its actions multifaceted.

1.1 WHAT IS NITRIC OXIDE?

At its core, Nitric Oxide, commonly denoted as “NO”, is a simple molecule made of one nitrogen atom and one oxygen

atom. Despite its simplicity, its influence on the human body is vast and multifarious. As a gaseous signaling molecule, “NO” communicates between cells, playing a pivotal role in various physiological processes.

1.2 THE CARDIOVASCULAR MAESTRO

One of the primary and most recognized roles of Nitric Oxide lies in its contribution to cardiovascular health. It acts as a vasodilator, meaning it signals the blood vessels to relax and expand. This process reduces resistance to blood flow, thus assisting in maintaining optimal blood pressure levels. When blood can flow freely, nutrients and oxygen are more efficiently delivered throughout the body, enhancing overall vitality and energy.

1.3 ENERGIZING THE BODY

NO doesn't stop at enhancing blood circulation. It also plays an instrumental role in mitochondrial respiration – the process through which our cells generate energy. By influencing the mitochondria, the powerhouses of our cells, Nitric Oxide helps optimize energy production, ensuring we feel invigorated and active.

1.4 AGING GRACEFULLY WITH NITRIC OXIDE

The aging process is complex and governed by numerous factors. While age brings wisdom and experience, it also ushers in a decline in certain physiological functions. Research has highlighted that as we age, our body's ability to produce Nitric Oxide wanes. This decrease has been linked to various age-related ailments, especially those concerning cardiovascular health. Understanding and addressing this decline is paramount to aging with vigor and vitality.

1.5 A DELICATE BALANCE: PRODUCTION AND DIMINISHMENT

Like all good things, our body's production of Nitric Oxide is finite and can be influenced by various factors. Scientific research shows that lifestyle choices, environmental stressors, and, very importantly, the natural aging process - all lead to reduced NO synthesis. Without adequate Nitric Oxide in the blood, our cardiovascular system can be left vulnerable, and our energy levels can suffer. Recognizing this delicate balance is the first step toward proactive health management.

As we journey deeper into the world of Nitric Oxide, it becomes evident that this molecule, though modest in structure, plays an incredibly influential role in our overall well-being. Its impact on cardiovascular health, energy production, and aging underscores its vital significance in the tapestry of human biology.

MOVING FORWARD

In the upcoming chapters, we will delve into the ground-breaking product *Nitric Oxide Plus*, crafted to harness the power of Nitric Oxide and enhance its benefits for optimal health.





CHAPTER 2

Nitric Oxide Plus – The Ultimate Solution

Our bodies are marvels of nature, and as we have stated - there's an intricate biological symphony performing within our bodies, and the truth is that, sometimes the players need support to function at their peak. This is where the power of scientific research and innovation shines. Enter *Nitric Oxide Plus*—a result of decades of dedication and the synergy of nature's best with cutting-edge science.

2.1 A LEGACY OF RESEARCH AND INNOVATION

We want to repeat with deep gratitude, that the inception of *Nitric Oxide Plus* wasn't an overnight success. It represents more than 30 years of rigorous research and trials. Top minds from world-renowned universities have poured their expertise into understanding Nitric Oxide's role and how best to supplement its natural production. Their unwavering commitment has birthed a product that stands unmatched in its category – *Nitric Oxide Plus*.

2.2 THE UNPARALLELED FORMULATION

Most supplements on the market might promise enhanced Nitric Oxide production, but what sets *Nitric Oxide Plus* apart is its unique formulation. It's not just about the ingredients but their ratios and how they interact. This 3rd generation product showcases the pinnacle of this research, with each ingredient purposefully chosen and meticulously balanced.

2.3 ARGININE AND CITRULLINE: THE HEART OF THE MATTER

Arguably the most vital components in the *Nitric Oxide Plus* formulation are L-Arginine and L-Citrulline. While both of these amino acids are precursors to Nitric Oxide, it's their precise ratio that ensures sustained and efficient NO production. This balance isn't mere guesswork; it's the result of years of increased understanding of the biochemistry of Nitric Oxide synthesis.

2.4 BEYOND TYPICAL BENEFITS

While *Nitric Oxide Plus* primarily works to enhance Nitric Oxide production in the blood, its benefits don't stop there. Its formulation addresses a range of health areas from improved nutrient absorption

to cardiovascular well-being (including High Blood Pressure) to energy optimization. Boosting Nitric Oxide production by 800% to 1,200% more than most products, *Nitric Oxide Plus* truly offers a whole host of unparalleled advantages to its users.



Nitric Oxide Plus powder.

2.5 A PLEDGE OF PURITY AND QUALITY

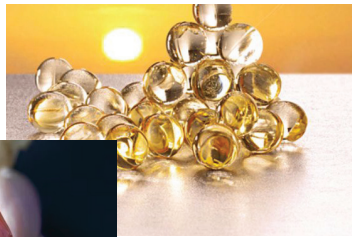
Every bottle of *Nitric Oxide Plus* is not just a product but a promise. A promise of purity, with no added fillers

or harmful additives. A promise of quality, ensuring that every ingredient is of the highest grade, and a promise of efficacy derived from the countless hours of research and trials it represents.

Nitric Oxide Plus stands as a testament to human innovation's capability when directed at enhancing natural processes. By understanding and harnessing Nitric Oxide's power, this product offers a doorway to better health, energy, and vitality.

MOVING FORWARD

As we progress in this guide, we'll delve deeper into each ingredient, unlocking their individual potential and their combined might in the *Nitric Oxide Plus* formulation.





CHAPTER 3

The Power Ingredients

Nature, in its vastness, offers us an array of compounds that can work wonders for our health. In the unique formulation of *Nitric Oxide Plus*, we have harnessed some of these powerful components, synergizing them in a way that maximizes their potential. Let's delve into the essence of each ingredient and understand the role it plays.

3.1 INGREDIENTS: L-ARGININE AND L-CITRULLINE: THE DYNAMIC DUO



These two amino acids are the backbone of the *Nitric Oxide Plus* formula. Together, they fuel the body’s Nitric Oxide production.

- L-Arginine: Directly converted into Nitric Oxide within our cells, it plays a primary role in expanding blood vessels, improving blood flow, and offering overall cardiovascular support.
- L-Citrulline: A precursor to L-Arginine, its inclusion ensures a steady and prolonged supply of material for Nitric Oxide production, ensuring a sustained release rather than a short-lived spike.

3.2 INGREDIENT: BEET JUICE POWDER: THE CIRCULATORY ENHANCER



Rich in dietary nitrates, beet juice powder aids in the production of Nitric Oxide. As these nitrates are converted into Nitric Oxide, they further complement the efforts of L-Arginine and L-Citrulline, making for an effective three-pronged approach to boost NO levels.

3.3 INGREDIENTS: HAWTHORN BERRY AND CRANBERRY JUICE POWDER – NATURE’S CARDIAC CARETAKERS



Both these ingredients, sourced from nature’s bounty, play a unique role in heart health.

- Hawthorn Berry Extract: Traditionally used for various heart-related issues, it helps improve blood flow, reduce blood pressure, and offers antioxidant properties.
- Cranberry Juice Powder: Known for its rich vitamin and antioxidant content, it assists in reducing the risk of chronic diseases and promotes overall cardiovascular health.

3.4 INGREDIENTS: VITAMINS – THE ESSENTIAL COFACTORS FOR HEALTH



Each vitamin in the *Nitric Oxide Plus* formula has a distinctive role:

- Vitamin C: Most importantly Vitamin C stops and reverses atherosclerosis and calcified plaque buildup. Humans are the only species that do not make Vitamin C naturally, and we must take it in with food or nutraceuticals. When our level of Vitamin C goes down there are over 100 diseases we can get, and cardiovascular disease is one of them. It also is an

antioxidant that supports the immune system, aids in collagen production, and works in synergy with other ingredients to promote cardiovascular health.

- Vitamin K2: Essential for bone health, it also prevents calcium deposits in the arteries, ensuring smoother blood flow.
- Vitamin B6 & Folic Acid: These vitamins work in tandem to break down homocysteine, an amino acid that can be harmful to blood vessels at high levels.
- Vitamin D3: Beyond its role in bone health, it's crucial for cardiovascular function and immunity.



3.5 INGREDIENTS: COQ-10 AND RESVERATROL: MOLECULES OF YOUTH AND VIGOR

CoQ-10: Found in every cell, it plays a key role in energy production and acts as a potent antioxidant, protecting our cells from damage. Since CoQ10 production decreases with age, adults of every age could benefit from more of it. CoQ10 has been shown to have several benefits such as:



- Improving heart health
- Regulating blood sugar

- Assisting in the prevention and treatment of cancer
- Reducing the frequency of migraines
- Reducing oxidative damage that leads to muscle fatigue, skin damage, and brain and lung diseases. In a long-term study, people living with moderate to severe heart failure who took daily CoQ10 supplements showed a reduced risk of having their first major adverse cardiovascular event.
- Resveratrol: Often associated with the health benefits of red wine, this compound extends cell life, acts as an antioxidant, and supports heart health. It is 1 of very few supplements that can stop the shortening of telomeres (inside your cells), which has been researched as an aging issue.

3.6 INGREDIENT: MAGNESIUM: THE CELLULAR CATALYST

An essential mineral involved in over 300 enzymatic reactions in our body. From energy

production to nerve function, magnesium is indispensable. In the context of *Nitric Oxide Plus*, it supports heart rhythm and aids in the proper function of other ingredients.



Every ingredient in *Nitric Oxide Plus* has been meticulously chosen for its benefits and synergistic potential. Together, they form a formidable team, geared towards boosting Nitric Oxide production, enhancing energy, and offering a holistic approach to health.

MOVING FORWARD

As we delve deeper in subsequent chapters, we'll explore the science behind this synergy and how to best harness its power.



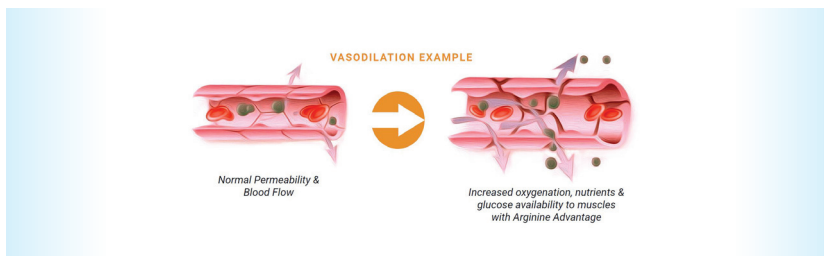
CHAPTER 4

The Science Behind *Nitric Oxide Plus*

At the crossroads of nature's wonders and human innovation lies *Nitric Oxide Plus*. Each serving is a culmination of decades of research, rigorous trials, and a deep understanding of the human body's biochemistry. In this chapter, we'll unravel the scientific foundations that underpin this revolutionary supplement.

4.1 THE ROLE OF NITRIC OXIDE IN THE BODY

Nitric Oxide (NO) is more than just a molecule; it's a signaling agent, which means Nitric Oxide tells the body's vessels to clean up and do their job. This communication between cells plays a crucial role in a myriad of physiological processes. From vasodilation (expanding blood vessels) to neurotransmission (brain cell communication), NO's versatility is unmatched - it's correctly referred to the "Miracle Molecule".



4.2 AN INTRICATE BALANCE: ARGININE AND CITRULLINE

The balance between L-Arginine and L-Citrulline, both amino acids, isn't arbitrary. While L-Arginine directly produces Nitric Oxide, its efficacy can diminish if provided in excess.

Enter L-Citrulline

L-Citrulline, found mainly in watermelon, is not as directly involved in nitric oxide production as L-Arginine. Here's why it's important and necessary.

The magic happens when L-Citrulline is ingested. Our kidneys convert L-Citrulline into L-Arginine, which, as we already know, is a direct precursor to nitric oxide. This conversion

process indirectly boosts the levels of L-Arginine in our blood, subsequently leading to increased NO production.

Why Not Just Take L-Arginine Directly?

The answer lies in bioavailability and absorption rates. When taken as a supplement, L-Arginine is quickly absorbed and metabolized in the liver, which doesn't always lead to significant increases in blood levels of the amino acid. On the other hand, L-Citrulline bypasses this immediate metabolism, resulting in a more substantial and prolonged increase in blood levels of L-Arginine than supplementing with L-Arginine directly.

The Synergy

Given this, many researchers and health professionals believe in the synergistic benefits of supplementing with both. By doing so the following occurs:

- **Immediate Boost:** L-Arginine provides a direct and immediate precursor for nitric oxide production.
- **Sustained Release:** L-Citrulline offers a more prolonged and steady increase in blood L-Arginine levels, ensuring consistent NO production over time.

This balance of consistent Nitric Oxide production in the blood, is the result of understanding the enzymatic pathways and regulatory mechanisms of our cells. Most importantly studies show that Nitric Oxide, if in the body's system consistently provides great health benefits.

At the 60 day point of consistent and balanced Nitric Oxide production in the blood - the production of Nitric Oxide doubles. This is why our products are taken twice per day, 12 hours

apart, and why we are 800% to 1200% better than other arginine products, especially those with only 1 dose per day.

4.3 DIETARY NITRATES: BEET JUICE POWDER'S CONTRIBUTION

The inclusion of beet juice powder isn't just for its rich nutrient content. Beets are a natural source of dietary arginine, which our body can convert into Nitric Oxide. This process provides an auxiliary pathway to boost NO levels, complementing the Arginine-Citrulline duo.

4.4 ANTIOXIDANT POWERHOUSES: COMBATTING CELLULAR STRESS

Oxidative stress is a major culprit behind cellular aging and various diseases. Ingredients like Vitamin C, Resveratrol, and CoQ-10 serve as antioxidants. They neutralize harmful free radicals, protecting cells and enhancing the longevity of Nitric Oxide in the bloodstream.

4.5 HEART HEALTH AND BEYOND

While *Nitric Oxide Plus* is designed to boost NO production, its benefits extend beyond. Hawthorn berry and cranberry juice powder, backed by traditional and contemporary research, offer cardiovascular benefits, for improving blood flow to reducing arterial plaque.

4.6 EVIDENCE-BASED APPROACH: WORLD-RENOWNED RESEARCH

As we stated earlier, the *Nitric Oxide Plus* formula isn't just a blend of beneficial ingredients; it's a recipe refined by decades of

research. This research, conducted by leading experts and world-renowned institutions, ensures that every ingredient and its ratio is optimized for maximum benefit.

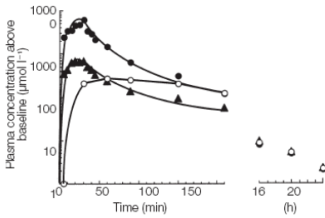
4.7 CONSISTENT EFFICACY: 24/7 NITRIC OXIDE

Production

For many bodily processes, consistency is key. The *Nitric Oxide Plus* formula is designed to ensure that Nitric Oxide is present in the system around the clock. This consistent availability ensures that the benefits, from blood pressure regulation to energy optimization, are sustained throughout the day.

In the realm of health supplements, *Nitric Oxide Plus* stands out not just because of its benefits, but due to the rigorous science that supports it. Each ingredient, every ratio, and the overall formulation are evidence-backed, ensuring that users are getting a product that's both safe and effective.

L-arginine – its short half-life leads to variable effects in humans (first generation = L-arginine only)



L-arginine-induced vasodilation in healthy humans: pharmacokinetic-pharmacodynamic relationship

Stefanie M. Bode-Böger, Rainer H. Böger, Andrea Galland, Dimitrios Tziakas & Jürgen C. Frolich
Institute of Clinical Pharmacology, Medical School, Hannover, Germany

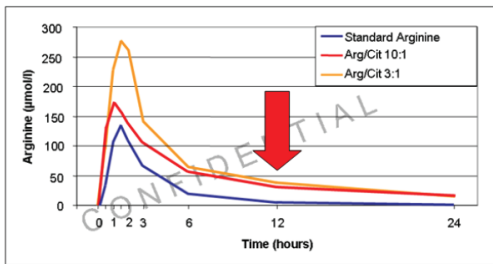
Br J Clin Pharmacol 1998; 46: 489–497

„The vascular effects of L-arginine are closely correlated with its plasma concentrations.
[...] Terminal elimination half-life for L-arginine was calculated as 59.6 ± 9.1 min and
79.5 ± 9.3 min after intravenous and oral administration, respectively.“

... roughly speaking, duration of effect was one hour

Third-Generation L-arginine supplements – Prolonged half-life supports sustained effects

Prolongation of the half-life of L-arginine by adding L-citrulline



Source: R.H. Böger, data on file

Standard L-arginine
Arginine/citrulline 3:1

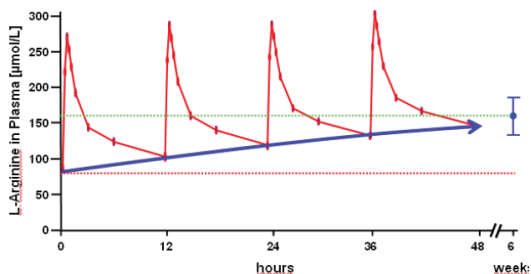
Half-life ≈ 2 hours
Half-life ≈ 12 hours

Third Generation L-arginine supplements

This schematic shows that after 6 weeks the Nitric Oxide levels double with taking 2 doses per day!!!

Advantage of combined L-arginine plus L-citrulline

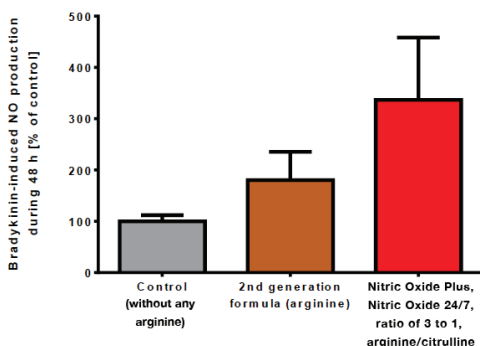
Longer half-life of L-arginine blood levels enables twice daily administration and results in build-up of L-arginine levels



Source: R.H. Böger, data on file

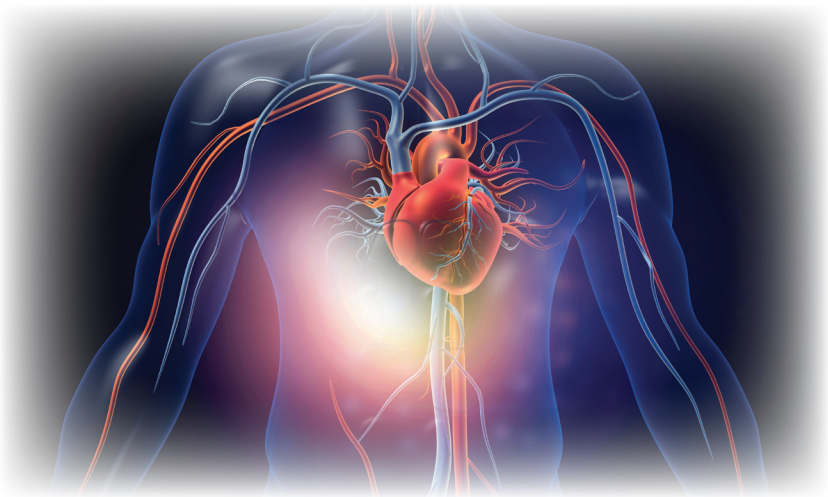
Third generation L-arginine: Nitric Oxide Plus

In summary: Nitric Oxide Plus 24/7 has a superior effect on increasing the production of biologically active NO



MOVING FORWARD

Now, let's take a careful look into many of the health benefits *Nitric Oxide Plus* provides – we encourage you to ponder and really grasp why *Nitric Oxide Plus* is so important for you as you pro actively build your own fortress of well-being and a life marked by vigor, health, and vitality!





CHAPTER 5

The Benefits of Continuous Nitric Oxide Production

While the episodic spikes of certain molecules can be beneficial, Nitric Oxide thrives on continuity. Its constant presence ensures that our body remains in an optimal state, benefiting from its vast array of physiological effects. This chapter delves deep into the importance of continuous Nitric Oxide production and the myriad benefits it confers.

5.1 THE HEARTBEAT OF CARDIOVASCULAR HEALTH

The heart, with its ceaseless rhythm, requires constant support. Continuous Nitric Oxide production ensures that our blood vessels remain dilated, blood flows freely, and nutrients are efficiently delivered to every corner of our body. The result? Reduced risk of cardiovascular diseases and improved heart health.

5.2 ENERGY, STAMINA, AND VITALITY

Our body's energy currency, ATP (Adenosine Triphosphate, cellular, energy-carrying molecule found in the cells of all living things.) ATP captures chemical energy obtained from the breakdown of food molecules and releases it to fuel other cellular processes.

Cells require chemical energy for three general types of tasks: to drive metabolic reactions that would not occur automatically; to transport needed substances across membranes; and to do mechanical work, such as moving muscles. ATP is not a storage molecule for chemical energy; that is the job of carbohydrates, such as glycogen, and fats. When energy is needed by the cell, it is converted from storage molecules into ATP. ATP then serves as a shuttle, delivering energy to places within the cell where energy-consuming activities are taking place. ATP relies heavily on efficient blood flow for its distribution. With consistent Nitric Oxide levels, our cells are adequately supplied with oxygen and nutrients, ensuring that we remain energized, active, and ready to tackle life's challenges.

5.3 COGNITIVE CLARITY AND NEUROPROTECTION

Beyond muscles and vessels, Nitric Oxide plays a pivotal role in our brain. By promoting blood flow to neural pathways, it supports cognitive function, memory, and mood. Moreover, its neuroprotective qualities can combat age-related cognitive decline, ensuring that our minds remain sharp and agile.

5.4 REINFORCING IMMUNE DEFENSES

A less acknowledged, yet vital, role of Nitric Oxide lies in its ability to modulate the immune system. By promoting healthy blood flow, it aids in the swift transport of immune cells to sites of infection or injury, bolstering our body's defenses.

5.5 THE SHIELD AGAINST AGE-RELATED DECLINE

Ageing is an inevitable process, but how we age lies partly in our hands. Continuous Nitric Oxide production combats some of the primary culprits of ageing, from oxidative stress to reduced blood flow. This not only ensures that we remain physically agile but also protects our organs and tissues from age-induced wear and tear.

5.6 ENHANCING ATHLETIC PERFORMANCE

For the fitness enthusiasts and athletes, Nitric Oxide offers an edge. Its ability to improve blood flow translates to better exercise performance, faster recovery, and reduced fatigue. This makes *Nitric Oxide Plus* a favored companion for those aiming to push their physical boundaries.

5.7 SETTING THE FOUNDATION FOR HOLISTIC HEALTH

In essence, the continuous production of Nitric Oxide sets a robust foundation for overall health. Whether it's cardiovascular health, healthy blood pressure levels, energy levels, aging, bone health, hormonal balance, or even digestive efficiency, (the list of benefits could go on and on) a body well-supplied with Nitric Oxide functions like a well-oiled machine, paving the way for holistic well-being.

The beauty of Nitric Oxide lies not just in its array of benefits, but also lies in the need for its consistent presence. By our ensuring our bodies are perpetually bathed in its goodness, we can hope for a life marked by vigor, health, and vitality.

MOVING FORWARD

As we proceed, we're going to now explore how to seamlessly integrate *Nitric Oxide Plus* into daily life, making the dream of continuous Nitric Oxide production in your body a tangible reality for you.



CHAPTER 6

Integrating *Nitric Oxide Plus* into Your Daily Life

Adopting a new health regimen can be both exciting and daunting. You know very well that making a real change in life requires commitment and perseverance. You need to have important reasons to really make changes stick and reap the ongoing benefits of those changes. Keep the reasons for improving your health in front of you - keep your mind clear on the “why” and perhaps even write them down and re-read them often.

So, let's talk about:

- How you use the product correctly. (6.1)
- The best practices to ensure optimal benefits. (6.2–6.3)
- Seamlessly incorporating *Nitric Oxide Plus* into your daily routine (6.4)
- Setting the stage for improved health, energy, and vitality. (6.5)

6.1 UNDERSTANDING THE DOSAGE

Each tub of *Nitric Oxide Plus* comes packed with 60 servings, precisely calculated for a 30-day supply. With its powdered form, the product ensures easy absorption, and each 5.1g scoop is an effective blend of all the ingredients we've discussed.

6.2 STARTING YOUR DAY RIGHT

Begin your day with *Nitric Oxide Plus*. Take 1 scoop with 12-16 ounces of water as you wake up in the morning. This will not only jump-start your Nitric Oxide production but also prepare your body for the day ahead, optimizing blood flow, energy levels, and cognitive functions from the get-go.

6.3 THE MID-DAY BOOST

Approximately 12 hours after your morning dose, it's time for a rejuvenating mid-day boost. Mix another scoop with 12-16 ounces of water. This ensures that the benefits of Nitric Oxide continue throughout the day, supporting your cardiovascular health, energy levels, and cognitive clarity.

6.4 BEST PRACTICES FOR CONSUMPTION

Stay Consistent: Like any supplement, consistency is key. Make it a daily ritual, integrating it into your morning and mid-day routines.

6.5 SETTING THE STAGE FOR YOUR IMPROVED HEALTH

Stay Hydrated: The recommended mixture with 12-16 ounces of water not only aids in the easy dissolution of the powder but also ensures that you remain hydrated— another essential aspect of overall health.

Shake Well: Ensure that the powder is fully dissolved in the water. A thorough mix ensures even distribution of the ingredients in each serving.

6.6 STORE WISELY

Ensure that the tub is stored in a cool, dry place, away from direct sunlight. Proper storage ensures that the potency of the ingredients remains intact.

6.7 REAL-LIFE TESTIMONIALS

Khristopher W. 67:

“For the past 4 years, *Nitric Oxide Plus* has been a key part of my wellness routine. At 67, I’ve consistently seen my blood pressure hover around healthy readings. With the addition of *Nitric Oxide Plus*, my numbers have been more towards the 115 to 110 over 75 to 72 range. Interestingly, while my pulse remains in its usual lower 60’s, I genuinely sense the support of this product, especially during my cardio workouts. Living a medication-free life, paired with a nutritious diet and active lifestyle, I truly believe in the added benefits that *Nitric Oxide Plus* brings to my health regimen. If you’re committed to your well-being, I’d suggest giving this product a consideration.”

Walter B. 73:

“For over nine years, I’ve incorporated *Nitric Oxide Plus* and Bob Weeks Arginine products into my wellness journey, and I’m thrilled with the journey so far. Post-2008, after facing some heart-related challenges, I was determined to reevaluate my lifestyle choices. I revamped my diet, committed to a regular gym routine, and dedicated myself to daily walks. Today, at 73, I’m 20 Kgs lighter and consistently ace my annual stress tests. Around 2011, I added Arginine to my regimen. Over the years, I’ve noticed a significant improvement in my calcium score. So much so, that after a recent test, the lab called me back for a retest, thinking there might’ve been an error due to the marked change in my results! Through personal reflection, I believe my holistic approach—comprising weight loss, dietary shift, and incorporating Arginine—has contributed to these results. If you’re concerned about arteriosclerosis or calcium buildup, I’d suggest looking into the benefits of Arginine. Grateful for my renewed health. Cheers!”

Roseanne E.:

“I’ve been a loyal user of *Nitric Oxide Plus* for several years and the results? Astounding! After undergoing a Calcium Scoring CT scan, the results came back with ZERO CALCIUM IN MY ARTERIES. My cardiologist was so impressed that he saw no need for statins in my regimen. Personally, I’ve never been a fan of statins due to their side effects. Seeing the benefits, I’ve also introduced my husband, who has had a history with stints, to *Nitric Oxide Plus*. Any potential benefit this product can offer him is a boon. If you’re considering a change for the better, this just might be your answer!”

6.8 PRECAUTIONS AND CONSIDERATIONS

As with any supplement:

- Consult with a healthcare professional if you're pregnant, nursing, taking medication, or have a medical condition.
- Pay attention to your body. While *Nitric Oxide Plus* is formulated for maximum benefits and minimal side effects, it's essential to monitor how your body reacts, especially during the first few days. We know that every body is different. Starting out with a reduced dose and working up to a full dose is an option. The key is to get started and make healthy progress. If you have questions please feel free to call us - we are happy to give you guidance.
- Diet and Lifestyle: Remember, while *Nitric Oxide Plus* is a potent tool, a balanced lifestyle with a healthy diet, regular exercise, and adequate sleep will amplify its benefits.

As you embark on this journey with *Nitric Oxide Plus*, remember that it's more than just a supplement. It's a commitment to better health, a promise of increased vitality, and a step towards a brighter, more energetic future.

MOVING FORWARD

In the final chapter, we'll wrap up our exploration, offering final thoughts on this revolutionary product and its place in the broader spectrum of health and well-being.



CHAPTER 7

Concluding Thoughts

Our journey through the intricacies of Nitric Oxide and our revolutionary *Nitric Oxide Plus* product is both enlightening and promising! As we conclude this guide, let's reflect on the over arching narrative, the potential of consistent Nitric Oxide production in the blood, and the promise of a future with optimal health and vitality is more and more, stronger and stronger inside our grasp.

7.1 THE POWER OF NITRIC OXIDE

We began with a molecule - simple in its composition yet profoundly impactful in its function. Nitric Oxide, the silent maestro of our bodily symphony, orchestrates a myriad of processes, from cardiovascular health to cognitive clarity. Its role in our overall well-being is undeniable, and harnessing its power is not just beneficial—it's transformative.

7.2 THE NITRIC OXIDE PLUS PROMISE

Through meticulous research and a deep understanding of human physiology, *Nitric Oxide Plus* emerged as a beacon of hope and health. Its formulation, refined over decades, offers a potent blend of nature's wonders and scientific innovation. Each scoop, each serving, is a testament to our commitment to better health and a brighter future.

7.3 BEYOND THE SUPPLEMENT

While *Nitric Oxide Plus* stands as a formidable tool in our health arsenal, it's essential to recognize its place within a broader health regimen. A balanced diet, regular physical activity, mental well-being practices, and routine health check-ups together create a holistic health paradigm. *Nitric Oxide Plus* enhances this paradigm, supercharging each facet of our well-being.

7.4 A LIFELONG COMMITMENT

Optimal health isn't a destination—it's a journey. The commitment to better health, increased vitality, and holistic well-being is a lifelong endeavor. With tools like *Nitric Oxide Plus*, this journey becomes not just feasible but also enjoyable, marked by milestones of achievements, vitality, and vigor,

7.5 EMBRACING THE FUTURE

As we step into a future marked by uncertainties, one thing remains clear: our health is our most valuable asset. By understanding our bodies, by harnessing the power of molecules like Nitric Oxide, and by adopting products like *Nitric Oxide Plus*, we're not just reacting to health challenges—we're proactively building a fortress of well-being.

Thank you for joining me on this enlightening exploration. May the knowledge you've gained serve as a foundation for a life filled with health, happiness, and boundless energy. Here's to a future brimming with possibilities and a commitment to embracing the best version of ourselves.



POST SCRIPT

How to know what Nitric Oxide Supplements are right for you?

Upon delving into the world of Nitric Oxide, a common question arises: “How can I decide which Nitric Oxide supplement to take?” With over a decade of experience in both selling and being tutored by Dr. Rainer Boger, MD, I confidently believe I can provide guidance based on rigorous research supported by the National Institute of Health (NIH). Dr. Boger, with 30 years of dedicated research in arginine/Nitric Oxide and cardiovascular disease, holds a prominent position, consistently ranked #1 or in the top 15 by Expertscape.com. In the sea of more than 500

Nitric Oxide products on Amazon. I promise you I can make the decision simple, even if I am prejudiced. Science is not prejudiced and I do not believe in alternative facts.

Products that make Nitric Oxide can come from two main sources;

- A. Arginine-Rich Foods: Arginine is a precursor to Nitric Oxide, and while numerous foods can supply arginine, the sheer quantity required (5000 mg daily for optimal Nitric Oxide production) makes it impractical and calorically excessive. Dr. Boger’s insights emphasize the financial and caloric burdens of obtaining sufficient arginine, with NIH-backed studies affirming that 90% of Nitric Oxide must be synthesized from arginine. The Nobel Prize in Medicine (1998) further solidifies arginine’s pivotal role in Nitric Oxide production.

- B. Nitrates from Foods: Nitrates, which convert to Nitrites, offer an alternative pathway for Nitric Oxide synthesis. However, this method can only produce a fraction (7.5-8.5%) of the required Nitric Oxide. Beetroot powder, extract, or beets, and spinach contribute to this process. Notably, many products boast 500 mg of nitrates, yet, considering the best-case scenario of 1.5% nitrate concentration in beetroot, they only yield 7.5-8.5 mg of nitrate per gram, falling significantly short of the body’s Nitric Oxide needs.

A 180-pound person would need at least 450 mg of nitrates from beetroot extract. The leading pre-workout has 500 mg of beetroot extract and claims that this is the ideal amount to increase nitric oxide, but this couldn’t be further from the truth! Actually, you would need 60 times the amount of nitrates in the leading pre-

workout per serving to benefit from nitric oxide. Let me put this into perspective: how much beetroot extract does it take to equal 450 mg of nitrates (the amount needed to benefit from nitric oxide)?

- 500 mg
- 1,000 mg
- 30,000 mg (30 grams)

If you picked 3, then you are correct. You would need to consume 30,000 mg (30 grams) of beetroot extract to get 450 mg of naturally occurring nitrates. 30 grams is a lot of beetroot extract for the stomach! For anyone brave enough to stomach 30 grams of beetroot extract daily, be prepared for your urine to turn purple/red in color while consuming it. Don't get misled by unethical companies or experts trying to sell you on the media hype about the benefits of nitric oxide from beetroot extract when their products only contain a fraction of the amount cited in studies.

This table describes how many calories of each food you would have to consume to achieve Nitric Oxide at the level needed by science assessment and Dr Boger's research.

The table below highlights the L-arginine content in various foods, such as nuts, seafood, and beef. However, these foods often come with high-calorie counts. To meet the recommended daily intake of 6g of L-arginine solely through these sources would surpass half of your daily caloric limit. Take edam cheese, for instance; consuming 582 grams covers your daily arginine needs but exceeds your daily caloric allowance. In essence, relying on regular foods to attain sufficient L-arginine becomes impractical, especially when compared to the convenience of a dietary

supplement like Nitric Oxide Plus. Notably, the recommended twice-a-day 3g dose of Nitric Oxide Plus equates to just about 30 calories, allowing your dietary flexibility. While a healthy diet forms the cornerstone of aging well, a vegetarian diet alone falls short in supplying the necessary L-arginine levels required for optimal health in later years.

Food	L-arginine (mg/100g)	Grams needed to have a supply of 6g L-arginine/day	Kcal/100g	Total kcal/day
Pumpkin Seeds	5,353	112	446	500
Peanuts	3,460	173	567	981
Almonds	2,750	218	576	1,256
Pine Nuts	2,413	249	673	1,676
Lentils	2,240	268	116	311
Hazel Nuts	2,030	296	628	1,859
Prawns	1,740	345	87	300
Beef Steak	1,540	390	250	975
Chicken Breast	1,350	444	165	733
Salmon	1,330	450	188	846
Edam Cheese	1,030	582	357	2,078
Buckwheat	970	619	343	2,123
Eggs	840	715	155	1,107

Also, how much you would have to spend/month!! Cost/month of each item- pumpkin seeds \$65, peanuts \$35, Raw almonds \$94(4 lbs/day), pine nuts \$485, lentils \$36, hazel nuts \$240, shrimp \$244 (.63lbs/day), beef steak \$253 (3/4lb/day), chicken breast \$107(3/4 lbs/day), salmon \$297(1lb/day), edam cheese \$381(1.6lbs/day), buck wheat \$122, eggs \$157 (12 eggs/day)

Retail Cost/month Nitric Oxide Plus \$69.95 (\$2.30/day), Cardio wellness \$84.95(\$2.66/day), Heart Wellness \$89.95 and calories are 30 per day, not 311 to 2000 calories/day and average of all those foods,1000 cal/day.

Dr. Rainer Boger's research on L-arginine and L-citrulline.

According to Dr. Boger, for individuals experiencing normal aging, the body can absorb approximately 5000 mg daily in two doses, 12 hours apart, of arginine. The critical aspect here is that arginine alone has a half-life of 2 hours, providing about 4 hours of arginine production. However, when citrulline is combined with arginine at a 3:1 ratio, the production of Nitric Oxide extends to about 12 hours. With a second dose, you can achieve 24 hours of Nitric Oxide production from your vessels. Then after 8 weeks of continuous dosing the Nitric Oxide doubles and that is how we are 800% to 1200% more than almost all products in Nitric Oxide Production.

The vessels generate Nitric Oxide from the endothelium, a one-cell-thick organ that spans 80,000 miles of your vessels. Discovered in 1988, its significance led to a Nobel Prize in medicine by 1998, acknowledging Nitric Oxide as a signaling molecule. This implies that Nitric Oxide actively addresses health issues: repairing damaged endothelium, supplying mitochondria

with energy, and optimizing the health of each organ. Choosing an effective product involves ensuring it meets the following criteria:

- (A) a combination of at least 5000 mg arginine/citrulline
- (B) a ratio of at least 3:1
- (C) inclusion of beetroot powder or extract
- (D) a minimum of 40 mg to 120 mgs of Resveratrol per day for countering free radical damage caused by arginine
- (E) at least 1000 mg of Vitamin C daily for clearing calcified plaque, and
- (F) at least 1600 IU of vitamin D3 and 300 mcg of vitamin K2 (mk7) daily for blood thinning and optimal calcium distribution.

If your choice is missing any of these ingredients and amounts, you are fooling yourself. There is a company selling 450 mgs of 5 products, one of them is citrulline and no arginine for \$39.95/30 doses. They have a test strip that is for testing your Nitric Oxide level in your mouth. This is completely deceptive. There is no test for your Nitric Oxide level in your blood and that is where the test must be. They also sell beet powder gummies for \$39.95/60 gummies. This has 1.5 mgs of arginine in each gummy. They also sell beetroot powder at 500 mgs/day for \$39.95 (according to Beta Vulgaris , (also known as the ultimate in beet quality), you would need 30,000 mgs/day, not 450 as Super Beets promotes and they sell according to Amazon 10,000 jars /month) and this does not have enough nitrates to make at most 10% of your need for Nitric Oxide. You still need the 90% from arginine. They sell \$200,000,000 of this product made with citrulline per year and \$25,000,000 of these worthless gummies per year. They also sell

\$36,000,000/year of Beet powder. They even claim studies, which would mean for what? This proves the old adage that you can fool some (or a lot) of the people all the time.

NITRIC OXIDE PLUS

Nitric Oxide Plus stands out as the premier nitric oxide supplement, meeting all the essential requirements for optimal Nitric Oxide production as outlined by scientific experts. Formulated to ensure a consistent supply of Nitric Oxide 24-7, this supplement adheres to the research-backed combination of arginine and citrulline, maintaining a crucial 3 to 1 ratio. Additionally, it incorporates beetroot powder to contribute to Nitric Oxide synthesis. With an inclusion of 40 mg of Resveratrol for combating free radical damage, 1000 mg of Vitamin C for arterial health, and a robust blend of 1600 IU's of Vitamin D3 and 300 mcg of Vitamin K2 (mk7) for blood thinning and calcium regulation, Nitric Oxide Plus provides a comprehensive solution for sustained Nitric Oxide support, setting it apart as the optimal choice for promoting cardiovascular well-being.

Nitric Oxide Plus will compete with the many other products that produce nitric oxide but is by far the best option when compared side by side with other nitric oxide supplements in terms of price and production and will produce 800% more Nitric Oxide based on Dr Boger's science. Almost all products promote 1 scoop per day and the wrong ratio of arginine/citrulline. And that is just the beginning of the differences.

Conclusion

In conclusion, my unwavering endorsement of Nitric Oxide Plus may seem biased, but it stems from a genuine frustration with the lack of transparency and efficacy in other nitric

oxide supplements available on the market. After years of experimenting with various products, I discovered that achieving noticeable results often required exorbitant doses and significant financial investment (6x the recommended dosage and \$300+ per month cost to get those benefits). Recognizing a pervasive issue within the industry, where companies capitalize on the hype surrounding nitric oxide without delivering substantial results, I took it upon myself to develop a solution. Nitric Oxide Plus is not just a product; it is a manifestation of my commitment to offering the highest quality, scientifically formulated supplement. Mindful of the tarnished reputation of many nutraceuticals, I infused this creation with a wealth of firsthand knowledge, addressing the pitfalls that contribute to negative perceptions in the industry. Through Nitric Oxide Plus, I aspire to genuinely impact lives by sharing the wealth of information and experience I've accumulated over the years, encapsulated in the essence of Cardio and Heart Wellness.

This is the final PostScript of our eBook. I hope you enjoyed reading it!

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www.cardioandheartwellness.com

TESTIMONIES ARE IN THE WEBSITE- CLICK THIS LINK TO GO DIRECTLY TO THEM-

This is the link to testimonies: <https://cardioandheartwellness.com/testimonials/>

This is Bob Weeks story link: <https://cardioandheartwellness.com/bob-weeks-story/>

Bob Weeks Climbing 8,000 ft in 2 miles at 81 years of age “Hana Hawaii 4/12/23”. Click on this link to read all about it: https://cardioandheartwellness.com/wonderful-hawaiian_experience

Testimony of Greg S. my litigating attorney in Riverside California. I knew of Greg’s family from Murray high school where I graduated, and they are great people. He had bought some jars about 12 months ago. He came to my daughter’s wedding 4 months ago. His wife and my daughter Joanna were friends from high school. At the wedding we were standing in a circle with some of my friends and one of them asked how the product was going? Greg had never said anything to me before this day. He piped up and said it was great and proceeded to pitch it with his testimony. I was shocked because he had never said anything before. Then out of the blue about a week ago he sent this testimony to me. Over the years I have had 100’s of testimonies sent to me. Most people do not send in testimonies. They like to tell me but prefer to talk, not write. If you have a testimony send it to me.

Testimony of Greg S.

I am in my early 40s and have been taking Nitric Oxide Plus for about a year. For me, nothing I have done or taken has helped

me feel so energetic. I am a trial attorney and often work 12 to 16 hours a day. In addition, I teach a class at a local University, I coach my kid's little league team, and I constantly train for and compete in Spartan races and triathlon's. On top of that, I take little to no caffeine because I don't like the way it makes me feel. Before Nitric Oxide Plus, at the end of each day, I would crash and at the end of each week, I would feel totally exhausted. I then started taking Nitric Oxide Plus every day. Since then, my morning routine starts at 4:00 a.m. and I'm up with no problems. I work out twice a day. I seem to stay focused at work and I'm present with my kids at night helping with homework and baseball practice. In short, I live how I want to and I can't imagine not taking this product. I have always been healthy and active and I don't often go to the doctor's so I don't have tests results or blood samples to say exactly what Nitric Oxide Plus has done to me – I just know how great I feel.

– Greg S, California 11-8-23

Supplement Facts

Serving Size: 6 grams (1 scoop)

Serving Per Container (60) 30-day Supply

	Amount Per Serving	% Daily Value
Vitamin C (Ascorbic Acid)	500 mg	555%
Vitamin D3 (Cholecalciferol)	20 mcg (800 IU)	100%
Vitamin K2 (Menaquinone)	150 mcg	333%
Vitamin B6 (Pyridoxine HCL)	4 mg	200%
Folic Acid (Folate)	800 mcg	50%
Magnesium (Citrate)	30 mg	7.5%

Proprietary Blend 3,250 mg **

L-Arginine, L-Citrulline, Taurine, Beet Juice Powder, Hawthorn Berry Extract, Cranberry Juice Powder, CoQ-10, Resveratrol.

In a base of: Citric Acid, Malic Acid, Natural and Artificial Strawberry Cream Flavors, Sucralose, Silica, Magnesium Stearate, Potassium Chloride, Sodium Chloride

**Daily value not established. See more info at CardioAndHeartWellness.com.



The Most Powerful **NITRIC OXIDE** *Booster*

CardioAndHeartWellness.com