

# Nitric oxide boasts critical impact on cardiovascular and sexual health

written by Beth Shirley, RPh, CCN | October 7, 2022



*As we age, our natural production of nitric oxide (NO) goes down. This has a critical impact on functions that rely on the vasodilation properties of nitric oxide, like cardiovascular and sexual health. To successfully support the body's ability to produce nitric oxide naturally, you must get a consistent dose of dietary nitrates. Berkeley Life's Nitric Oxide Support makes it easy to meet daily nitrate needs by providing 500 mg of a proprietary dietary nitrate blend. With only 2 daily capsules, it is easy to make NO a part of my morning routine.*

*Read more to find out why I recommend dietary nitrates for nitric oxide support to my patients!*

*—Dr. Ronald Hoffman*

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Just two daily capsules of Berkeley Life's Nitric Oxide Support Supplement provide the body with adequate dietary nitrates needed to convert to nitric oxide for healthy blood pressure and circulation.

## What Is Nitric Oxide?

Nitric oxide (NO) is an essential compound that the body produces naturally. It is vital to the health of your heart and other parts of the body. Most importantly, nitric oxide is a vasodilator that relaxes and opens blood

vessels to allow for better blood flow. This in turn improves overall health by helping nutrients, oxygen, and blood move efficiently throughout the body.

Over time and as you age, the body produces less nitric oxide. This means supplementing with nitrates to increase NO production is even more important for heart and health maintenance. Not only that, but maintaining optimal sexual health and function relies on sufficient blood flow made possible by NO in the body.

Erectile dysfunction (ED) is quite common and often related to aging. Nitric oxide plays a pivotal role in achieving an erection. Simply speaking, nitric oxide relaxes smooth muscles, allowing blood to flow into the penis.<sup>i</sup>

Since NO is responsible for vasodilation and allowing blood to flow into the penis, a lack of NO production and availability associated with aging could be a contributing factor for those experiencing ED. Dietary nitrates to increase NO production is a non-invasive step for those looking to improve symptoms of ED.

## **Benefits of Nitric Oxide Supplementation**

Apart from maximizing NO levels through diet (nitrate-rich vegetables and antioxidant-rich foods) which can be challenging at best, using nitric oxide boosting supplements is the more efficient and convenient route.

When shopping for a nitric oxide support supplement, you are not looking to supplement with nitric oxide itself, but instead utilize ingredients that support the body's ability to produce nitric oxide naturally – like dietary nitrates.

Dietary nitrates have been studied extensively for their effect on the cardiovascular system and its conversion to nitric oxide. Not only that, but dietary nitrates from beetroot also stimulate smooth muscle relaxation, improving symptoms of erectile dysfunction.<sup>ii</sup>

To get the most cardioprotective and sexual health benefits from supplementation, opt for products with a high concentration of dietary nitrates and concentrated potassium nitrate – both of which in the purest form and available together impact nitric oxide production and support optimally.

## **How Much Nitric Oxide Should I Take?**

While eating beets daily promotes cardiovascular and sexual health, the quantity of beetroot necessary to be clinically effective is difficult to get on the menu for most people. Plus, there is nothing easier than adding two capsules to your morning supplement routine.

Supplementation is a cost-effective, convenient, and efficient way to increase dietary nitrates that promote NO production. The range of dietary nitrates used in research that has effectively shown improvements in blood pressure and endothelial function ranges from 300-600 mg.<sup>iii</sup>

You can easily obtain this level through supplementation with Berkeley Life Professional Nitric Oxide Support.

An easy 2-capsule daily dose of Berkeley Life Nitric Oxide Support provides dietary nitrates found in plants, as well as key vitamins to help support NO, cardiovascular health, sexual health, and overall health and vitality.

**Berkeley Life's Nitric Oxide Support is available at <http://www.berkeleylife.com/hoffman>. To access Berkeley Life for yourself, use code "HOFFMAN" and receive 10% off at checkout.**

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<sup>i</sup> Burnett AL. The role of nitric oxide in erectile dysfunction: implications for medical therapy. *J Clin Hypertens* (Greenwich). 2006 Dec;8(12 Suppl 4):53-62. doi:10.1111/j.1524-6175.2006.06026.x

<sup>ii</sup> Baião DDS, Silva DVTD, Paschoalin VMF. Beetroot, a Remarkable Vegetable: Its Nitrate and Phytochemical Contents Can be Adjusted in Novel Formulations to Benefit Health and Support Cardiovascular Disease Therapies. *Antioxidants* (Basel). 2020 Oct 8;9(10):960. doi:10.3390/antiox9100960

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