

If you know, you **NO**

## Determine and Improve your Nitric Oxide Levels

### STEP ONE TEST



Berkeley Life's 15-second saliva test strip will give you a clear reading of your Nitric Oxide levels. Talk with your doctor about what a low-level reading may mean about your health.

### STEP TWO SUPPLEMENT



Berkeley Life Supplements help support adequate Nitric Oxide levels. Our proprietary formulation provides dietary nitrates and key vitamins to help support the body's natural Nitric Oxide production and overall circulatory health.\*

2 capsules, once a day of Berkeley Life Supplements provide adequate dietary nitrates for a day of Nitric Oxide support.



# Nitric Oxide Support for Heart Health

Test and supplementation system for improving cardiovascular health\*

info@berkeleylife.com | berkeleylife.com

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

© 2022-23 Berkeley Life. All rights reserved.



# It all starts in the heart.

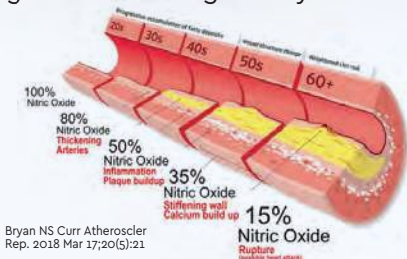
We all know that the heart plays a critical role in the body; using the blood as a vehicle, the heart pumps critical oxygen and nutrients to every organ, system and cell in the body.

To keep our hearts working for as long as possible, **it's important to ensure that pumping blood throughout our bodies is easy.**

High blood pressure and cardiovascular disease are signals that a heart that is having to work too hard to pump blood.

# What makes a heart work hard?

Age, lack of exercise and diet can cause buildup in our macro and microvasculature. This buildup narrows the pathway the blood takes to get throughout the body. Additionally, over time, our bodies lose our ability to create Nitric Oxide (NO). Nitric Oxide is a natural vasodilator, responsible for relaxing the walls of our arteries and vessels, permitting blood to flow through effectively. As Nitric Oxide declines in the body, the more rigid these vascular walls become, and the harder it is to get blood through easily.\*



Bryan NS Curr Atheroscler Rep. 2018 Mar 17;20(5):21

# Nitric Oxide primes the highway

If you've ever driven on the highway with a lane shut off, you know what happens when the same volume of cars try to get through a narrow road! **Nitric Oxide helps open the highway of your body** – ensuring the blood carrying precious oxygen and nutrients get where they need to go along your vascular pathways.

Dietary nitrates, available in foods like leafy greens, beetroot, or in supplements like Berkeley Life, can be used throughout your life to help your body create Nitric Oxide.

With Nitric Oxide levels topped up, patients often experience a myriad of benefits:\*

- Healthy blood pressure levels
- Adequate blood oxygen levels
- Increased energy and stamina

## Boost Nitric Oxide Production with Dietary Nitrates

Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to support adequate Nitric Oxide levels, and thus help improve your heart health.\*

Flip over to learn more about how Berkeley Life can help!

