

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 for your fertility and general 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.

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\*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.

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# Nitric Oxide Support for Fertility

Test and supplementation system for optimizing male and female fertility\*



# Nitric Oxide and Fertility: A crucial connection

Nitric Oxide (NO) is a signaling molecule and natural vasodilator that relaxes arteries and blood vessels to help blood, oxygen, and nutrients flow effectively throughout the body. By supporting healthy circulation, NO impacts almost every biological system and function — including reproduction.

In fact, NO is linked to almost all physiological functions of male and female reproduction, from erectile and sperm health in males to ovulation, implantation, pregnancy health, and labor in females. Sufficient NO levels are shown to support the production of hormones critical to reproductive and sexual health. They are also essential to the healthy functioning of systems that affect fertility: immune, cardiovascular, gastrointestinal, and others.

## How do low NO levels affect fertility?

The body naturally produces Nitric Oxide throughout life. However, by age 40, NO production has already decreased by 50%. Diminishing NO levels make it difficult for the body to fight against oxidative stress, which can cause cell damage affecting oocytes, sperm, embryos, and all aspects of fertility.

Meanwhile, NO levels are a commonality between infertility causes, such as:

- Cardiovascular concerns around improper blood flow
- Metabolic and blood glucose/insulin issues
- Ovarian cyst issues
- Intestinal health issues
- Immune and autoimmune issues
- Mitochondrial health issues
- Electromagnetic frequency (EMF) exposures

Inadequate NO levels are further linked to sexual dysfunctions such as erectile dysfunction (ED) and female sexual arousal disorder (FSAD).

# Increasing NO can help support reproductive health

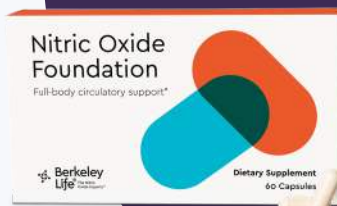
Oxidative stress — an imbalance between prooxidants and antioxidants — is considered a driving force behind male and female infertility, alongside inflammation. Increasing Nitric Oxide levels protects against oxidative stress, helping to safeguard oocytes and sperm against oxidative damage, and improve fertility and reproductive health.

## Combat declining NO levels with dietary nitrate

Although our bodies start producing less NO over time, there is still a powerful method we can use to reinforce NO levels at any age. Consuming dietary nitrates — available in foods like beetroot and leafy greens, or in supplements like Berkeley Life — helps our bodies continue to make NO and maintain sufficient levels as we age.

## Boost Nitric Oxide Production with Berkeley Life

Increasing intake of dietary nitrates through food can be challenging. Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to support optimal Nitric Oxide levels, bolster reproductive function, and help enhance fertility.



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