

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.



Supporting Nerve Health with Nitric Oxide

Test and supplementation system for maintaining nerve function*

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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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How Nitric Oxide impacts nerve health

Nitric Oxide is a vasodilator that plays a vital role in relaxing the cells in blood vessel walls. Our bodies have 60,000 miles of blood vessels, and Nitric Oxide helps ensure healthy blood flow throughout these "highways" of the body. **In supporting adequate circulation, Nitric Oxide impacts almost every biological system — including the peripheral nervous system.**

By our 40s, Nitric Oxide levels drop by upwards of 50%. As lower levels of Nitric Oxide reduce blood flow, this can weaken nerve function. That's because poor circulation — and the resulting lack of oxygen, nutrients, and glucose in the tissues — negatively affects the peripheral nerves' ability to produce ATP, an energy molecule that keeps everything functioning in the body.

Nitric Oxide and nerve-related conditions are interconnected in various ways:

- Low levels of Nitric Oxide and reduced circulation contribute significantly to neuropathy and neuropathy-linked complications*
- One of the pathways our body uses to create Nitric Oxide is severely impaired by the onset of diabetes, a rampant condition*
- 70% of diabetics develop Diabetic Peripheral Neuropathy (DPN), a common complication of diabetes, within 5 years

Saying yes to NO: a path to improving nerve function

Although Nitric Oxide production naturally diminishes with age, putting the body at risk for nerve-related conditions, something can be done to counter it. Increasing dietary nitrates — available in foods like beetroot and dark leafy greens, or in supplements like Berkeley Life — can help our bodies create Nitric Oxide and better support nerve function and overall health.

Increasing Nitric Oxide production improves circulation throughout the body, supplying essential oxygen, nutrients, and glucose to the nerves. This positively impacts peripheral nerve function, helping to reduce symptoms of conditions such as neuropathy, Raynaud syndrome, diabetes, and diabetic peripheral neuropathy.

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 increase Nitric Oxide levels, support the peripheral nervous system, and improve overall nerve health.*



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