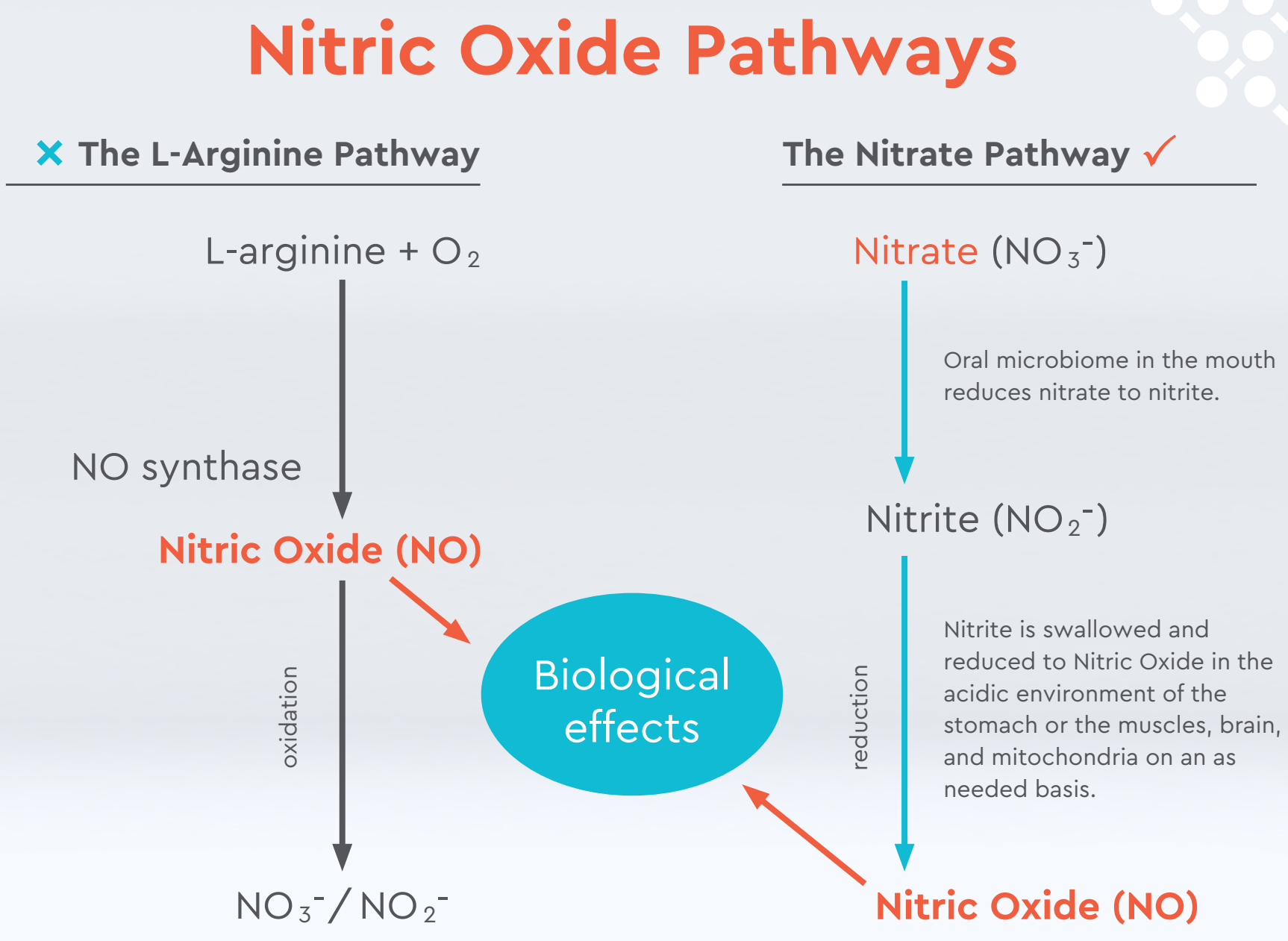
Berkeley Life®
The Nitric Oxide Experts™

Nitric Oxide Pathways



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Dietary Nitrates in Food [1]

✓✓✓✓✓	✓✓✓✓	✓✓✓	✓✓	✓
Arugula	Chinese Cabbage	Broccoli	Cauliflower	Asparagus
Bok Choy	Endive	Cabbage	Cucumber	Brussels Sprouts
Celery	Fennel	Carrots	Potato	Garlic
Lettuce	Mustard Leaf	Green Beans		Onions
Spinach	Radish	Leeks		Peas
Swiss Chard	Red Beet Root	Turnips		Tomato

How is Dietary Nitrate Concentration Impacted? [2]

Conventional vegetable nitrate values based on regional differences

Mean nitrate (NO_3^-) concentrations[1] (ppm)[2] of raw vegetables classified as conventional from each city

	✓	✕
Broccoli	Raleigh (553 ± 28)	Chicago (271 ± 89)
Cabbage	Los Angeles (800 ±142)	New York (193 ± 28)
Celery	Los Angeles (2651 ± 339)	New York (88 ± 17)
Lettuce	Dallas (1370 ± 93)	Chicago (207 ± 32)
Spinach	Dallas (4923 ± 327)	New York (564 ± 174)

Use your Berkeley Life Nitric Oxide Test Strip 90mins after nitrate rich meal to see your real-time Nitric Oxide levels.

(1) *British Journal of Clinical Pharmacology* © 2012 The British Pharmacological Society. (2) Nunez de Gonzales et al *J Food Sci.* 2015 May;80(5):C942-9.